

GCC Winter Spring Menu 2023

Monday (MFM)

Tuesday

Wednesday

Thursday

Friday

Week One

02/01/23
23/01/23
13/02/23
13/03/23

Option 1	Cheese & Tomato Pizza with Wedges 	Beef Lasagne with Garlic Bread 	Roast Turkey with Roast Potatoes & Gravy	Chicken Enchiladas with Rice 	Fish Fingers with Chips & Tomato Sauce
Option 2	Vegetable & Bean Fajitas with Rice  	Creamy Vegetable Pie with New Potatoes	Vegan Quorn with Roast Potatoes & Gravy 	Vegetable Hotpot with Rice  	Mexican Bean Roll with Chips & Tomato Sauce 
Option 3	Jacket Potato with Filling available daily				
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans
Dessert	Syrup Snap Biscuit 	Eves Pudding with Custard	Fruit Jelly with Mandarins 	Vanilla Sponge with Custard	Oaty Cookie  
	Or a choice of Yoghurt & Fresh Fruit available daily				










Week Two




09/01/23
30/01/23
27/02/23
20/03/23

Option 1	Vegetable Pasta Bake 	Spaghetti Bolognese 	Roast Gammon with Roast Potatoes, Stuffing & Gravy	Chef's Special Chicken Korma with Rice  	Fish Fingers or Salmon Fishfingers with Chips & Tomato Sauce
Option 2	Sweet Potato Curry with Rice  	Cheesy Bean Pasty with Cajun Wedges	Vegetable Wellington with Roast Potatoes, Stuffing & Gravy 	Vegan Spaghetti Bolognese 	Beetroot Burger in a Bun with Chips 
Option 3	Jacket Potato with Filling available daily				
Vegetables	Seasonal Salad Bar	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans
Dessert	Orange Drizzle Cake	Sticky Toffee Apple Crumble with Custard 	Peaches and Ice Cream	Apple Flapjack  	Vanilla Shortbread 
	Or a choice of Yoghurt & Fresh Fruit available daily				

Week Three

16/01/23
06/02/23
06/03/23
27/03/23

Option 1	Macaroni Cheese	Pork Sausage Hot Dog with Potato Wedges	Roast Chicken with Roast Potatoes & Gravy	Chicken Casserole with Rice  	Fish Fingers with Chips & Tomato Sauce
Option 2	Vegetable Hot Dog with Potato Wedges 	Vegan Pasta Bake  	Vegetable Gratin with Roast Potatoes & Gravy 	Vegetable Meatballs in Tomato Sauce with Pasta 	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
Option 3	Jacket Potato with Filling available daily				
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans
Dessert	Orange & Lemon Shortbread 	Carrot Cake with Custard	Apple, Cheese and Crackers	Mixed Fruit Crumble with Custard 	Chocolate Shortbread 
	Or a choice of Yoghurt & Fresh Fruit available daily				

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Chef's Special

Available Daily:

Bread freshly baked on site daily

Daily salad selection

ALLERGY INFORMATION: If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 02/01/23 23/01/23 13/02/23 13/03/23	Option 1	Cheese & Tomato Pizza with Wedges #V31 #SD6	Beef Lasagne with Garlic Bread #B39 #SD50	Roast Turkey with Roast Potatoes & Gravy #T1 #SD7 #SD82 #SD118	Chicken Enchiladas with Rice #C14 #SD84	Fish Fingers with Chips & Tomato Sauce #F6 #SD5 #SD14
	Option 2	Vegetable & Bean Fajitas with Rice #V211 #SD84	Creamy Vegetable Pie with New Potatoes #V19 #SD2	Vegan Quorn with Roast Potatoes & Gravy #V204 #SD7 #SD82 #SD118	Chickpea Vegetable Hotpot with Rice #V41 #SD84	Mexican Bean Roll with Chips & Tomato Sauce #V161 #SD5 #SD14
	Option 3	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise #SD55 #SD22 #V85 #F11	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise #SD55 #SD22 #V85 #F11	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise #SD55 #SD22 #V85 #F11	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise #SD55 #SD22 #V85 #F11	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise #SD55 #SD22 #V85 #F11
	Vegetables	Peas #SD18 Sweetcorn #SD19	Broccoli #SD20 Carrots #SD28	Cauliflower #SD27 Green Beans #SD24	Carrots #SD28 Peppers #SD26	Peas #SD18 Baked Beans #SD22
	Dessert	Syrup Snap Biscuit #D219	Eves Pudding with Custard #D189 #D2	Fruit Jelly with Mandarins #D217	Vanilla Sponge with Custard #D193 #D2	Oaty Cookie #D85
Week Two 09/01/23 30/01/23 27/02/23 20/03/23	Option 1	Vegetable Pasta Bake #V16	Spaghetti Bolognese #B37 #SD8	Roast Gammon with Roast Potatoes, Stuffing & Gravy #P5 #SD7 #SD82 #SD40 #SD118	Chef's Special Chicken Korma with Rice #C86 #SD84	Fish Fingers or Salmon Fishfingers with Chips & Tomato Sauce #F1 #F6 #SD5 #SD14
	Option 2	Lentil and Sweet Potato Curry with Rice #V108 #SD84	Cheesy Bean Pasty with Cajun Wedges #V191 #SD6	Vegetable Wellington with Roast Potatoes, Stuffing & Gravy #V12 #SD7 #SD82 #SD40 #SD118	Vegan Spaghetti Bolognese #V169 #SD8	Beetroot Burger with Chips #BB3 #SD17 #SD5
	Option 3	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise #SD55 #SD22 #V85 #F11	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise #SD55 #SD22 #V85 #F11	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise #SD55 #SD22 #V85 #F11	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise #SD55 #SD22 #V85 #F11	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise #SD55 #SD22 #V85 #F11
	Vegetables	Peas #SD18 Carrots #SD28	Green Beans #SD24 Cauliflower #SD27	Broccoli #SD20 Sweetcorn #SD19	Carrots #SD28 Swede #SD21	Peas #SD18 Baked Beans #SD22
	Dessert	Orange Drizzle Cake #D182	Sticky Toffee Apple Crumble with Custard #D72 #D2	Peaches with Ice Cream #D166 #D13	Apple Flapjack #D171	Vanilla Shortbread #D57
Week Three 16/01/23 06/02/23 06/03/23 27/03/23	Option 1	Macaroni Cheese #V11	Pork Sausage Hot Dog with Potato Wedges #P3 #SD33 #SD6	Roast Chicken with Roast Potatoes & Gravy #C4 #SD7 #SD82 #SD118	Chicken & Bean Stew with Rice #C78 #SD84	Fish Fingers with Chips & Tomato Sauce #F6 #SD5 #SD14
	Option 2	Vegan Sausage Hot Dog with Potato Wedges #V182 #SD33 #SD6	Wholemeal Vegetable Pasta Bake #V73	Vegetable Gratin with Roast Potatoes & Gravy #V193 #SD7 #SD82 #SD118	Vegan Meatballs in Tomato Sauce with Pasta #V163 #V121 #SD11	Cheese & Red Pepper Frittata with Chips & Tomato Sauce #V24 #SD5 #SD14
	Option 3	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise #SD55 #SD22 #V85 #F11	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise #SD55 #SD22 #V85 #F11	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise #SD55 #SD22 #V85 #F11	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise #SD55 #SD22 #V85 #F11	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise #SD55 #SD22 #V85 #F11
	Vegetables	Green Beans #SD24 Carrots #SD28	Peas #SD18 Cauliflower #SD27	Carrots #SD28 Sweetcorn #SD19	Green Beans #SD24 Broccoli #SD20	Peas #SD18 Baked Beans #SD22

Available Daily:

Bread freshly baked on site daily

Daily salad selection

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