

# Autumn/Winter GCC 2022



05/09/2022  
26/09/2022  
17/10/2022  
14/11/2022  
05/12/2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Tomato & Vegetable Pasta	Beefburger in a bun	Roast Gammon, Roast Potatoes & Gravy	Chicken Korma with Rice	Breaded Cod Fish Fingers with Chips & Tomato sauce
Option 2	Cheese & Tomato Pinwheel with Wedges	Moroccan Vegan balls in Tomato sauce with rice	Vegetable Wellington with Roast Potatoes	Broccoli & Cheese Pasta Bake	Vegan Mexican Roll with Chips
Option 3	Soup with a Vegetable Sausage Baguette	Jacket Potato with BBQ Baked Beans	Tuna & Chickpea Pasta	Soup with Cheese Baguette	Jacket Potato with Tuna & Sweetcorn
Vegetables	Broccoli Sweetcorn	Roasted sweet potato Peas	Savoy Cabbage Carrots	Green Beans Cauliflower	Peas Baked Beans
Dessert	Carrot Cake with Custard	Orange & Cinnamon Cookie	Raspberry Jelly with mandarins	Apple Flapjack with Custard	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily					

12/09/2022  
03/10/2022  
31/10/2022  
21/11/2022  
12/12/2022

Option 1	Sweet Potato & Vegetable Curry with Rice	Beef Meatballs with Mash & Gravy	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Beef Lasagne with Garlic Bread	Breaded Pollock or Salmon Fishfingers with Chips & Tomato Sauce
Option 2	Macaroni Cheese	Vegan Spaghetti Bolognaise	Roast Quorn, Roast Potatoes & Gravy	Southern Style Vegan Burger in a Bun	Cheese & Bean Pasty with Chips
Option 3	Soup with spiced bean Burger in a bun	Jacket Potato with Baked Beans	Tomato & Lentil & cheese Pasta	Soup with a Ham Salad Baguette	Jacket Potato with Tuna or Cheese
Vegetables	Sweetcorn Savoy Cabbage	Green Beans Carrots	Cauliflower Peas	Broccoli Sweetcorn	Peas Carrots
Dessert	Apple & berry Crumble with Custard	Lemon Drizzle Cake	Vanilla Shortbread	Chocolate & Beetroot Brownie with Chocolate sauce	Iced Vanilla Sponge
Or a choice of Yoghurt & Fresh Fruit available daily					

19/09/2022  
10/10/2022  
07/11/2022  
28/11/2022

Option 1	Cheese & Tomato Pizza & Wedges	Pork Sausages, Mashed Potato & Gravy	Roast Turkey, Roast Potatoes & Gravy	Chicken Pasta Bake	Battered Cod with Chips & Tomato Sauce
Option 2	Falafel with Herb Rice	Vegetable Enchiladas with Rice	Lentil Puff Pastry, Roast Potatoes & Gravy	Vegan Sausages Mashed Potatoes & Gravy	BBQ Quorn with Chips
Option 3	Soup with Vegan Ball Baguettes	Jacket Potato with Baked Beans	Tomato Arrabiata and Butterbean Pasta	Soup with Tuna Baguette	Jacket Potato with Vegetable Chilli
Vegetables	Sweetcorn Mixed Salad	Carrot Green Beans	Swede Broccoli	Sweetcorn Savoy Cabbage	Peas Mixed salad
Dessert	Lemon & Mixed Berry Cake with Custard	Chocolate Shortbread	Rasp Jelly	Pineapple Cake with Custard	Apple, Cheese & Crackers
Or a choice of Yoghurt & Fresh Fruit available daily					

## Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- 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.