**GCC Central Spring** WEDNESDAY THURSDAY TUESDAY FRIDAY MONDAY Summer 2024 **WEEK ONE** Beef Burger in a Bun with Minced Beef & Onion Pie Fishfingers with Chips & Roast Chicken with **Option One** Macaroni Cheese Potato Wedges with New Potatoes Roast Potatoes & Gravy Tomato Ketchup Vegan Meatballs with 🏰 Vegan Spaghetti Vegan Sausages, Lentil & Sweet Potato Curry Cheese & Tomato Pizza with **Option Two** Chips & Tomato Ketchup Tomato Sauce & Rice Bolognaise Roast Potatoes & Gravy with Rice Jacket potato with Tuna Jacket potato with Baked Jacket potato with Baked **Option Three** Jacket Potato with Cheese Mayonnaise or Salmon Jacket potato with Cheese Beans Beans or Cheese Mavonnaise **Vegetables** Vegetables of the Day Dessert Vanilla Sponge with Strawberry Jelly with Sticky Toffee Apple Crumble Vanilla Shortbread **NEW** Syrup Snap Biscuit Chocolate Sauce with Custard Mandarins **WEEK TWO Option One** Summer Vegetable Pork Sausage In a Bun With Roast Turkey with Roast Chef's Special Chicken Korma Fish Fingers with Chips & Potato Wedges Risotto Potatoes & Gravy with Rice Tomato Ketchup Vegan Sausages with Chips Cheese & Tomato Pinwheel Mexican Five Vegetable Wellington with Wholemeal Vegetable Pasta **Option Two** 15/04/2024 with New Potatoes Bean rice Roast Potatoes & Gravy Bake & Tomato Ketchup 06/05/2024 03/06/2024 Jacket potato with Baked Jacket potato with Tuna Jacket potato with Baked **Option Three** Jacket potato with Cheese Jacket potato with Cheese 24/06/2024 Beans Mayonnaise Beans or Cheese 09/09/2024 Vegetables of the Day **Vegetables** 30/09/2024 Marble Sponge with Oaty Cookie with Peach Crumble with 21/10/2024 Dessert Chocolate Shortbread Ice Cream Custard Apple Slices Custard **NEW** Vegetable Fajitas Roast Gammon with Roast **NEW** Chicken Fish fingers with Chips & WEEK THREE **Option One** Spaghetti Bolognaise 📢 Potatoes & Gravy Paella Tomato Ketchup with Wedges Cheese & Tomato Pizza with Vegan Quorn with Roast Spinach and Cheese Whirl Cheese & Bean Pasty BBQ Quorn with Rice **Option Two** Potato Wedges Potatoes & Gravy with Potato Wedges with Chips & Tomato Ketchup Jacket potato with Baked Jacket potato with Tuna Jacket potato with Baked Jacket potato with Cheese Jacket potato with Cheese **Option Three** Beans Mayonnaise Beans or Cheese Vegetables of the Day Vegetables Pear & Chocolate Upside Banana Sponge with Banana Apple Flapjack Fruity Shortbread Dessert Ice Cream Down Cake with Custard Slices and Custard **ALLERGY INFORMATION:** MENU KEY Added Plant Power Wholemeal Chef's Special 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 Available Daily: - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection 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 allergen cross contact.

GCC Central Spring Summer 2024

# **WEEK ONE**

08/04/2024 29/04/2024 20/05/2024 17/06/2024 08/07/2024 02/09/2024 23/09/2024 14/10/2024

#### Option One

Option Two

**Option Three** 

Vegetables

Dessert

## **MONDAY**

Macaroni Cheese V11

Vegan Meatballs **V237** with Tomato Sauce **V225** & Rice **SD84** 

Jacket Potato **SD55** with Baked Beans **SD22** 

Carrots **SD28**, Green Beans **SD24** 

Vanilla Sponge **D193** Chocolate sauce **D3** 

### TUESDAY

Beef Burger **B5** in a Bun **SD17** with Potato Wedges **SD6** 

Spaghetti **SD8** with Vegan Bolognese **V233** 

Jacket Potato **\$D55** Cheese **V85** 

Peas SD18, Broccoli SD20

Vanilla Shortbread **D57** 

### WEDNESDAY

Roast Chicken C4 with Roast Potatoes SD7/SD82 & Gravy SD118

Vegan Sausages **V238** with Roast Potatoes **SD7/SD82** & Gravy **SD118** 

Jacket Potato **\$D55** with Tuna Mayonnaise **F11** or Salmon Mayonnaise **F32** 

Cauliflower \$D27, Carrots \$D28

Strawberry Jelly with Mandarins **D235** 

### **THURSDAY**

Minced Beef & Onion Pie **B45** with New Potatoes **\$D2** 

Lentil & Sweet Potato Curry V108 with Rice SD84

Jacket Potato **\$D55** with Cheese **V85** 

Broccoli **\$D20**, Sweetcorn **\$D19** 

Sticky Toffee Apple Crumble

D243 with Custard D2

### **FRIDAY**

Fish Fingers F6 with Chips SD5 & Tomato Ketchup SD14

Cheese and Tomato Pizza **V231** with Chips **SD5** & Tomato Ketchup **SD14** 

Jacket Potato **\$D55** with Baked Beans **\$D22** or Cheese **V85** 

Peas SD18, Baked Beans SD22

Syrup Snap Biscuit **D219** 

## **WEEK TWO**

15/04/2024 06/05/2024 03/06/2024 24/6/2024 15/07/2024 09/09/2024 30/09/2024 21/09/2024 **Option One** 

**Option Two** 

Option Three

Vegetables

Dessert

Summer Vegetable Risotto **V133** 

Cheese & Tomato Pinwheel **V40** with New Potatoes **SD2** 

Jacket Potato **SD55** with Baked Beans **SD22** 

Broccoli SD20, Peas SD18

Ice Cream D13

Pork Sausage **P3** in a
Bun **SD187** with Potato Wedges **SD6** 

Mexican Five Bean Rice QB7

Jacket Potato **SD55** with Cheese **V85** 

Cauliflower \$D27, Sweetcorn \$D19

Marble Sponge **D199** with Custard **D2** 

Roast Turkey **T1** with Roast Potatoes **SD7/SD82** & Gravy **SD118** 

Vegetable Wellington V232 with Roast Potatoes \$D7/\$D82 & Gravy \$D118

Jacket Potato **SD55** with Tuna Mayonnaise **F11** 

Carrot SD28, Broccoli SD20

Oaty Cookie **D85** with Apple Slices **D216** 

Chef's Special Chicken Korma
C86 with Rice SD84

Wholemeal Vegetable Pasta Bake **V73** 

Jacket Potato **\$D55** with Cheese **V85** 

Green Beans \$D24,Carrots \$D28

Peach Crumble **D238** with Custard **D2** 

Fish Fingers **F6** with Chips **SD5** & Tomato Ketchup **SD14** 

Vegan Sausage **V238** with Chips **SD5** & Tomato Ketchup **SD14** 

Jacket Potato **SD55** with Baked Beans **SD22** or Cheese **V85** 

Peas SD18, Baked Beans SD22

Chocolate Shortbread D80

## **WEEK THREE**

22/04/2024 13/05/2024 10/06/2024 01/07/2024 22/07/2024 16/09/2024 Option One

**Option Two** 

**Option Three** 

Vegetables

Dessert

Vegetable Fajitas **V252** with wedges **SD6** 

BBQ Quorn **V205** with Rice **SD84** 

Jacket Potato **SD55** with Baked Beans **SD22** 

Carrots SD28, Peas SD18

Ice Cream D13

Spaghetti **SD8** with Beef Bolognaise **B48** 

Cheese & Tomato Pizza **V231** with Potato Wedges **SD6** 

Jacket Potato **SD55** Cheese **V85** 

Broccoli SD20, Sweetcorn SD19

Pear and Chocolate Cake
D207 with Custard D2

Roast Gammon P5 with Roast Potatoes SD7/SD82 & Gravy SD118

Vegan Quorn V204 with Roast Potatoes SD7/SD82 & Gravy SD118

Jacket Potato **SD55** with Tuna Mayonnaise **F11** 

Cauliflower \$D27, Peas \$D18

Apple Flapjack **D171** 

Chicken Paella FE1

Spinach & Cheese Whirl GR2 with Potato Wedges SD6

Jacket Potato **SD55** with Cheese **V85** 

Carrots SD28, Broccoli SD20

Banana Sponge **D173** with Banana slices and Custard **D21**  Fish Fingers F6 with Chips SD5 & Tomato Ketchup SD14

Cheesy Bean Pastry V191 with Chips SD5 & Tomato Ketchup SD14

Jacket Potato **SD55** with Baked Beans **SD22** or Cheese **V85** 

Peas SD18, Baked Beans SD22

Fruity Shortbread D96

#### **MENU KEY**



Added Plant Power



Wholemea



Vegai



Chef's Special

Available Daily: - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection

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