

ALLERGY INFORMATION: If your child has an allergy or intolerance 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.

Silver Menu Autumn 2019
GCC- Eastington



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 02.09.2019 23.09.2019 14.10.2019 11.11.2019 02.12.2019	Main	Cheese & Tomato Pizza	Sausages & Mash	Roast Chicken and Stuffing with Roast Potatoes and Gravy	Chicken Pasta Bake	MSC Fish Fingers with Chips
	Vegetarian	Quorn Sausage with Potato Wedges	Quorn Chilli with Rice	Quorn Roast fillet with Roast Potatoes and Gravy	Vegetable Cottage Pie with Gravy	Spinach & Tomato Quiche with Chips
	Jacket pot Soup	Jacket Potato with Beans	Tomato Soup with ½ filled baguette	Jacket Potato with Tuna	tomato Soup with ½ filled baguette	Jacket Potato with Cheese
		sweetcorn Mixed salad	Broccoli Sweetcorn	Cauliflower Carrot	White Cabbage Sweetcorn	Baked Beans sweetcorn
	Dessert	sponge & Custard	Iced Sponge	Chocolate Shortbread	Apple Crumble with Custard	Apple, Cheese and Biscuits Fruit and Yoghurt
Week 2 09.09.2019 30.09.2019 21.10.2019 18.11.2019 09.12.2019	Main	Cheese & tomato Pizza	Cottage Pie with Gravy No peas/lentils	Roast Gammon with Roast Potatoes and Gravy	Chicken Tagine with Couscous	MSC Fish in breadcrumbs with Chips
	Vegetarian	Vegetable Tagine with Couscous No chickpeas	Vegetarian Quorn Spaghetti Bolognese	Quorn Roast fillet with Roast Potatoes and Gravy	Macaroni Cheese	Red Pepper Frittata
	Jacket pot Soup	Jacket Potato with Beans Carrots Green Beans	Tomato soup with ½ filled baguette sweetcorn Cauliflower	Jacket Potato with Tuna	tomato Soup with ½ filled baguette	Jacket Potato with Cheese
				White Cabbage Swede	Sweetcorn Green Beans	Baked Beans sweetcorn
	Dessert	Fruit Crumble with Custard	Chocolate & Beetroot Brownie	Carrot Cake	Ginger Sponge with Custard	Apple, Cheese and Biscuits Fruit and Yoghurt
Week 3 16.09.2019 07.10.2019 04.11.2019 25.11.2019 16.12.2019	Main	Cheese & tomato Pizza	Chicken, Pie with Mashed Potato No peas	Roast Pork with Roast Potatoes and Gravy	Spaghetti Bolognese with Garlic Bread No lentils	MSC Fish in Batter with Chips
	Vegetarian	Quorn Burger with New Potatoes	Vegetable Curry with Rice No peas/lentils	Quorn Roast Fillet with Roast Potatoes and Gravy	Cheese & Pepper Whirl	Vegetable Pasta Bake No peas
	Jacket Pot Soup	Jacket Potato with Beans	Tomato Soup with ½ filled baguette	Jacket Potato with Tuna	tomato Soup with ½ filled baguette	Jacket Potato with Cheese
		sweetcorn Carrots	Sweetcorn Green Beans	Carrots Broccoli	Sweetcorn Cabbage	Baked Beans sweetcorn
	Dessert	Fruit Strudel with Custard	Apple Flanjack	Orange Drizzle Cake	Chocolate and Mandarin Sponge with Chocolate	Apple, Cheese and Biscuits

