

EASTINGTON
Autumn/Winter GCC 2022



No Peas/Lentils/Chick peas
05/09/2022
26/09/2022
17/10/2022
14/11/2022
05/12/2022

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

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

		Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Option 1	Tomato & Vegetable Pasta No Peas/Lentils	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	Vegetable Lasagne No peas/lentils	Vegetable Wellington with Roast Potatoes no lentils	Broccoli & Cheese Pasta Bake	Cheese & tomato quiche with Chips
	Option 3	Soup with a Ham Baguette	Jacket Potato with BBQ Baked Beans	Tuna Pasta bake No chickpea/lentils/peas	Soup with Cheese Baguette	Jacket Potato with Tuna & Sweetcorn
	Vegetables	Broccoli Sweetcorn	Roasted sweet potato Green beans	Savoy Cabbage Carrots	Green Beans Cauliflower	sweetcorn 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						

Option 1	Option 1	Sweet Potato & Vegetable Curry with Rice no peas	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 Bolognese no lentils	Roast Quorn, Roast Potatoes & Gravy	Parsnip & sweet potato loaf	Cheese & Bean Pasty with Chips
	Option 3	Soup with a filled baguette	Jacket Potato with Baked Beans	Tomato & cheese Pasta No lentils	Soup with a Ham Salad Baguette	Jacket Potato with Tuna or Cheese
	Vegetables	Sweetcorn Savoy Cabbage	Green Beans Carrots	Cauliflower swede	Broccoli Sweetcorn	sweetcorn 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						

Option 1	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	Sausage roll with wedges	Vegetable Enchiladas with Rice no peas/lentils	Vegetable Hotpot, Roast Potatoes & Gravy no lentils/peas	Vegetable pasta bake No peas/lentils	BBQ Quorn with Chips
	Option 3	Soup with cheese 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	sweetcorn 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.