GLF Primary Autumn Winter 2020 Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**Cheese and Tomato Pizza **** ***with Dough Balls* (V)** Cheesy Tomato Topped Pizza Slice	**Chicken Burger** ***with Potato Wedges*** Roast chicken served in a soft bun with lettuce and mayo	**Roast Chicken** ***with Roast Potatoes and Gravy*** Succulent roast chicken with fluffy roasties and tasty gravy	**Pasta Bolognese **** A classic Italian beef Bolognese in a yummy tomato sauce	**Golden Fish Fingers** ***and Chips*** Crispy Fish Fingers and scrummy chips
Alternative Dish	**Burrito (V)** A soft wrap filled with lightly spiced veggies and rice	**Baked Macaroni (V)** Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	**Sweet Potato and Chickpea Roast** ***with Roast Potatoes and Gravy* (V)** A chunky sweet potato and chickpea roast	**Hotdog** ***with Potato Wedges* (V)** Our favourite veggie hotdog served with ketchup in a soft sub roll	**Quorn Nuggets** ***and Chips* (V)** Crispy Quorn nuggets with their fave sauce – ketchup
Third Choice		**Jacket Potato with Salmon Mayonnaise *****			
Jacket Potato	**Jacket Potato With A Choice Of Fillings**				
Vegetables	**Coleslaw** **Sweetcorn**	**Peas** **Broccoli**	**Carrots** **Cabbage**	**Broccoli** **Sweetcorn**	**Baked Beans** **Peas**
Desserts	**Secret Brownie**	**Raspberry Ripple Ice Cream**	**Banana Oat Bite***	**Apricot & Carrot Slice**	**Shortbread Biscuit**

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian

Provision Dates

02/11/2020, 23/11/2020, 14/12/2020, 04/01/2021, 25/01/2021, 22/02/2021, 14/03/2021

GLF Primary Autumn Winter 2020 Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**Cheese and Tomato Pizza **** ***with Dough Balls* (V)** Cheesy Tomato Topped Pizza Slice	**Chicken Tikka Masala** ***with Rice ***** Succulent chicken in a mild curry sauce	**Roast Turkey** ***with Roast Potatoes and Gravy*** Moist roast turkey with fluffy roasties and tasty gravy	**Lasagne** ***with a Garlic & Herb Bread Wedge ***** A classic Italian layered pasta dish with beef mince	**Southern Fried Chicken Tasters** Lightly seasoned crispy chicken strips and scrummy chips
Alternative Dish	**Quorn Bolognese **(V)** Penne pasta in a yummy tomato and Quorn sauce	**Baked Macaroni (V)** Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	**Pastry Slice** ***with Roast Potatoes and Gravy* (V)** *(pastry)* Pumpkin and potatoes wrapped in flaky pastry	**Chilli Macaroni (V)** A lightly spiced Mac N Cheese	**Soft Taco *and Chips* (V)** A soft taco shell filled with a yummy veggie tomato chilli
Jacket Potato	**Jacket Potato With A Choice Of Fillings**				
Vegetables	**Sweetcorn** **Broccoli and Cauliflower Medley**	**Broccoli** **Peas**	**Cabbage** **Carrots**	**Sweetcorn** **Broccoli**	**Peas** **Baked Beans**
Desserts	**Secret Brownie**	**Apple & Carrot Yoghurt Muffin ***	**Strawberry Ice Cream**	**Chocolate Cake**	**Oatie Biscuit** ***with Fruit Slices ****

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian

Provision Dates

09/11/2020, 30/11/2020, 11/01/2021, 01/02/2021, 01/03/2021, 22/03/2021

GLF Primary Autumn Winter 2020 Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**Chinese Veggie Noodles (V)** Fragrant egg noodles with stir fried vegetables	**Sausage and Mash with Gravy** Chicken Sausage and Mash with rich Gravy	**Roast Chicken *with Roast Potatoes and Gravy*** Succulent roast chicken with fluffy roasties and tasty gravy	**Pasta Bolognese **** A classic Italian beef Bolognese in a yummy tomato and beef sauce	**Golden Fish Fingers *and Chips*** Crispy Fish Fingers and scrummy chips
Alternative Dish	**Cheese and Tomato Pizza ** *with Dough Balls* (V)** Cheesy Tomato Topped Pizza Slice	**Sausage *and Mash with Gravy* (V)** Fluffy mash with veggie sausages and rich gravy	**Country Vegetable Pie (V)** (pastry) Creamy vegetable pie with a shortcrust topper	**Mild Chickpea & Potato Curry *with a Rice side* **(V)** A tasty chick pea and potato masala	**Beany Burger *with Chips* (V)** A delicious homemade beany burger
Jacket Potato	**Jacket Potato With A Choice Of Fillings**				
Vegetables	**Sweetcorn** **Broccoli**	**Peas** **Carrots**	**Carrots** **Cabbage**	**Sweetcorn** **Broccoli**	**Baked Beans** **Peas**
Desserts	**Raspberry Yoghurt Cake**	**Apricot & Carrot Slice**	**Flapjack**	**Chocolate Apricot Brownie**	**Vanilla Ice Cream**

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian

Provision Date

16/11/2020, 07/12/2021, 18/01/2021, 08/02/2021, 08/03/2021, 29/03/2021