

Goresbrook Primary School Autumn 2021 Menu



		Monday	Tuesday	Wednesday	Thursday	Friday
Week One 6 th Sept 27 th Sept 18 th Oct 15 th Nov 6 th Dec	Meat Option	Sweet & sour chicken Steamed rice	Posh dogs with Potato Wedges	Roast Chicken with Roast Potatoes & Gravy	Beef Lasagne with Garlic Bread	MSC Fish Fingers with Chips and Tomato Sauce
	Vegetarian Option	Sweet & sour vegetables Steamed rice	Quorn Hot Dog with Potato Wedges	Roasted cauliflower with Roast Potatoes & Gravy	Vegetable lasagne with Garlic Bread	Cheese and Tomato French Bread Pizza
	Vegetables	Sweetcorn & peppers	Five bean slald	Carrots & Broccoli	Roasted mixed vegetables	Baked Beans Garden Peas
	Dessert	Rainbow iced cake with Custard	Carrot Cake	Beetroot & Chocolate Sponge	Bakewell slice	Oaty Cookie
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Two 13 th Sept 4 th Oct 1 st Nov 22 nd Nov 13 th Dec	Meat Option	Beef bolognaise & Spaghetti	Chicken tikka savoury rice & naan bread	Roast Turkey with Roast Potatoes & Gravy	BBQ Chicken wrap served with wedges	Battered Fish with Chips and Tomato Sauce
	Vegetarian Option	Vegetable penne pasta bake	Quorn fillets tikka & savory rice	Roasted Quorn with Roast Potatoes & Gravy	Cheese Tomato & salsa wrap with wedges	Quorn Sausages with Chips and Tomato Sauce
	Vegetables	Peas & Sweetcorn	Red cabbage slaw	Cabbage Carrots	Sweetcorn & red peppers	Baked Beans Garden Peas
	Dessert	Kale & chocolate brownie	Churrios & strawberry drizzle	Waffle lollipops	Vanilla cup cake	Pancake & syrup
Or a choice of Yoghurt & Fresh Fruit available daily						

Week Three 20 th Sep 11 th Oct 8 th Nov 29 th Nov	Meat Option	Bangers & mash	Marinated Chicken with Potato Wedges	Roast Chicken with Roast Potatoes & Gravy	Jerl Chicken Rice & pease	Creamy Fish pie
	Vegetarian Option	Cauliflower & Broccoli Mornay	Vegetable Fajitas	Roasted tomato puff with Roast Potatoes & Gravy	Jerk chick pea curry Rice & peas	Quorn hot dogs
	Vegetables	Peas & Roasted onions	Garden Peas Carrots	Green Beans Cauliflower	Sweetcorn & coleslaw	Baked Beans Garden Peas
	Dessert	Jam & coconut sponge & custard	Chocolate Sponge with Chocolate Sauce	Treacle sponge & custard	Lemom Drizzle Cake	Fruity flapjack
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 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. 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.