

GCC Autumn/Winter Menu 2023/2024

































Monday (MFM)

Tuesday

Wednesday

Thursday

Friday

Week One 06/11/2023 27/11/2023 18/12/2023 22/01/2024 19/02/2024 11/03/2024	Option 1	Macaroni Cheese	BBQ Chicken with Rice 	Roast Chicken with Roast Potatoes & Gravy	Spaghetti Bolognaise with Garlic Bread 	Fish Fingers with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Rice  	Vegan Meatballs in a Tomato Sauce with Pasta 	Vegetable Roast with Roast Potatoes & Gravy 	Shepherdess Pie 	Vegan Sausage with Chips & Tomato Sauce 
	Option 3	Jacket Potato with Filling available daily				
	Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans
	Dessert	Cinnamon Swirl	Orange Drizzle Cake with Custard	Strawberry Jelly with Mandarins 	Apple Crumble with Custard 	Chocolate Shortbread 
	Or a choice of Yoghurt & Fresh Fruit available daily					
Week Two 13/11/2023 04/12/2023 08/01/2024 29/01/2024 26/02/2024 18/03/2024	Option 1	Vegetable Pasta Bake 	Pork Sausage with Mashed Potato & Gravy	Roast Turkey with Roast Potatoes, Stuffing & Gravy	Greek Chicken Pitta with Cucumber Dip & Wedges	Fish Fingers or Salmon Fishfingers with Chips & Tomato Sauce
	Option 2	Spinach and Cheese Whirl with Potato Wedges	Vegetable Fajitas with Rice  	Vegan Sausage with Roast Potatoes, Stuffing & Gravy 	BBQ Quorn with Rice  	Cheese and Tomato Pizza with Chips 
	Option 3	Jacket Potato with Filling available daily				
	Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Greek Salad	Peas & Baked Beans
	Dessert	Lemon & Berry Cake	Eves Pudding with Chocolate Sauce	Chocolate Orange Cookie 	Plum and Vanilla Crumble with Custard 	Cinnamon Cookie 
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Three 20/11/2023 11/12/2023 15/01/2024 05/02/2024 04/03/2024	Option 1	Lentil and Sweet Potato Curry with Rice  	Chicken and Broccoli Pasta	Roast Gammon with Roast Potatoes & Gravy	Cottage Pie 	Fish Fingers with Chips & Tomato Sauce
	Option 2	Tomato Arrabiata Pasta 	Cheese and Tomato Pizza with new potatoes 	Vegan Quorn with Roast Potatoes & Gravy 	Vegan Burger with Wedges 	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Option 3	Jacket Potato with Filling available daily				
	Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas & Baked Beans
	Dessert	Vanilla Shortbread 	Pear & Chocolate Cake with Custard	Strawberry Jelly 	Peach Crumble with Custard 	Fruity Shortbread 

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Chef's Special

Available Daily:

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.