



GHF School Meals Menu



Spring Menu Cycle starts 5th January 2016 and runs until 24th March 2016

Special Menu Dates: Chinese New Year 8th February, Valentine's Day 12th February, Day Holi 23rd March and Easter

Extravaganza 24th March (adjustments are made to the menu in Special event weeks)

w/c: 5/1/16, 25/1/16, 22/2/16, 14/3/16

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Sausage, Bean & Cheese Pastry Melt (H) (g) with Hash Brown	Kickin Chicken (H) Mash Potato (m)	Roast Turkey and Stuffing Ball (g) with Roast Potatoes (H)	Beef Bolognaise with Pasta Twists (H)(g)	Fish Fingers (f ; e) and Chips
MAIN 2 (suitable for Vegetarians)	Quorn Sausage, Bean & Cheese Pastry Melt (H) (g) with Hash Brown	Margarita Pizza (H)(g)	Quorn Savoury Mince with Roast Potatoes (H)	Cheese & Potato Flan (H)(m)	Vegetable & Cheese County Bakes (g,e)
Vegetables	Baked Beans	Diced Carrot & Swede	Broccoli and Julienne Carrots	Cauliflower and Mixed Vegetables	Sweetcorn and Garden Peas
MAIN 3	Jacket Potato filled with Baked Beans, grated Cheddar Cheese, Tuna Mayonnaise (f ;e ;m)	Ham & Cheese Melt (H)(m)	Jacket Potato filled with Baked Beans, grated Cheddar Cheese, Tuna Mayonnaise (f ;e ;m)	Tuna & Cheese Melt (H) (m ; e ; f)	Jacket Potato filled with Baked Beans, grated Cheddar Cheese, Tuna Mayonnaise (f ;e ;m)
DESSERT CHOICES	Apple & Banana Muffin (H) (g ; e)	Carrot Cake (H) (g ;sul ; e)	Cherry Pie (H) (g ; m) & Ice Cream	Rice Pudding (H) With Jam (m)	Sultana Flapjack (H) (sul ; g)
	Yoghurt (m) Fresh Fruit	Yoghurt (m) Fresh Fruit	Yoghurt (m) Fresh Fruit	Yoghurt (m) Fresh Fruit	Yoghurt (m) Fresh Fruit

w/c: 11/1/16, 1/2/16, 29/2/16, 21/3/2016

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Beef Lasagne with Garlic Bread (H) (c ; m ; g)	Chicken & Sweetcorn Pizza (H) (m ; g)	Roast Gammon & Pineapple Ring with Roast Sweet Potatoes (H)	Meatballs In Tomato Sce (H) (g ; c) with Spaghetti	Harry Ramsden's Junior Fish with Chips (f)
MAIN 2 (suitable for Vegetarians)	Bean Lasagne with Garlic Bread (H) (c ; m ; g)	Mild Quorn Chilli Con Carne with Rice (H)	Savoury Pastry Pinwheels with Roast Sweet Potatoes (H) (g ; e)	Vegetable & Cannellini Bean Curry with Rice and Poppadum (H)	Golden Breadcrumbed Vegetable Fingers with Chips (g;e)
Vegetables	Baked Beans or Salad	Carrot Batons	Broccoli and Cauliflower Florets	Carrot & Swede Mash	Garden Peas
MAIN 3	Jacket Potato filled with Baked Beans, grated Cheddar Cheese, Tuna Mayonnaise (f ;e ;m)	BBQ Chicken & Cheese Melt (H) (m)	Jacket Potato filled with Baked Beans, grated Cheddar Cheese, Tuna Mayonnaise (f ;e ;m)	Soup with Wrap (V)(H)(g)	Jacket Potato filled with Baked Beans, grated Cheddar Cheese, Tuna Mayonnaise (f ;e ;m)
DESSERT CHOICES	Raisin & Oat Cookie (g ; sul)	Eves Pudding (H) & Custard (m ; g ; e)	Shortbread (H) & Frozen Yoghurt (g ; m)	Lemon & Poppy Seed Muffin (H) (m ; g)	Chocolate Crunch (H) (e ; g) & Chocolate Sce
	Yoghurt (m) Fresh Fruit	Yoghurt (m) Fresh Fruit	Yoghurt (m) Fresh Fruit	Yoghurt (m) Fresh Fruit	Yoghurt (m) Fresh Fruit

w/c: 18/1/16, 8/2/16, 7/3/16

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Golden Topped Minced Beef Cottage Pie (H) (m)	Creamy Mild Chicken Korma Curry (H) Savoury Rice and Naan bread (g ; ss ; s)	British Roast Pork and Yorkshire Pudding with Roast Potatoes (H) (s)	Creamy Chicken & Vegetable Pie (H) ½ Baked Potato (g ; m)	Salmon & Pea Pasta Bake (H) (m)
MAIN 2 (suitable for Vegetarians)	Quorn Cottage Pie (H) (m)	Macaroni Cheese Bake (H) (g ; m)	Quorn Sausage and Yorkshire Pudding with Roast Potatoes (H)(g; e)	Cheese Pastry Whirl with Baked Potato (H) (g ; m)	Cheese Omelette (V) (e ; m)
Vegetables	Baked Beans	Mixed Vegetables	Broccoli and Cauliflower	Sweetcorn and Garden Peas	Broccoli & Green Beans
MAIN 3	Jacket Potato filled with Baked Beans, grated Cheddar Cheese, Tuna Mayonnaise (f ;e ;m)	Cheese & Ham (m) Toasted Sandwich With Salad	Jacket Potato filled with Baked Beans, grated Cheddar Cheese, Tuna Mayonnaise (f ;e ;m)	Cheese & Tomato Wrap (V) (g)	Jacket Potato filled with Baked Beans, grated Cheddar Cheese, Tuna Mayonnaise (f ;e ;m)
DESSERT CHOICES	Cheese, crackers & grapes (m ; g)	Mixed Fruit Cobbler (H) & Custard (g ; m)	Lemon Cake (g ; e) and Custard (H)(m)	Apple & Raspberry Crumble (H) (g) with Ice Cream (m)	Chocolate Muffin (H) (g ; e)
	Yoghurt (m) Fresh Fruit	Yoghurt (m) Fresh Fruit	Yoghurt (m) Fresh Fruit	Yoghurt (m) Fresh Fruit	Yoghurt (m) Fresh Fruit

Fresh Wholemeal Bread and Water available every day. H = Homemade V = Suitable for Vegetarian Allergen Reference: C = celery G = Gluten E = Eggs F = Fish L = Lupin M=Milk MU = Mustard N = Nuts P = Peanuts SS = Sesame Seed S = Soy Sul = Sulphur Dioxide