



GHF School Meals Menu



Spring Menu Cycle starts 5th September 2017 and runs until 20th Dec 2017

Special Menu Dates: (adjustments are made to the menu in Special event weeks)

w/c: 5/9/17, 25/9/17, 16/10/17, 13/11/17, 4/12/17

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cheese & Tomato Pizza (H:G:M:L)	Bolognese Pasta Bake Cheesy Garlic Bread (H:G:M:L)	Roast Chicken Breast & Stuffing Ball (H:G:Sul)	Lincolnshire Pork Sausage Roll (H:G:E:L:M)	Fish Fingers & Potato Wedges (G:F:E:L)
MAIN 2 (suitable for Vegetarians)	Quorn Burger & Salad (G:M:L:V:E)	Vegetable Soup & Fresh Crusty Bread (H:G:V:L)	Quorn Fillet with Roast Potatoes (H:V:E)	Quorn Hot Dog in a Bun (H:V:G:E:L)	Cauliflower & Broccoli Bake (M:G:H:V:L)
Vegetables	Baked Beans	Peas & Sweetcorn	Roast Potatoes & Seasonal Vegetables	Spaghetti Hoops & New Potatoes	Mixed Vegetables
MAIN 3	Jacket Potato filled with Baked Beans, grated Cheddar Cheese or Tuna Mayonnaise (F:E:M)	Ham & Cheese Quiche (H:G:E:M:L)	Jacket Potato filled with Baked Beans, grated Cheddar Cheese or Tuna Mayonnaise (F:E:M)	Pitta Bread with Spicy Chicken & Salad (G:L:H)	Jacket Potato filled with Baked Beans, grated Cheddar Cheese or Tuna Mayonnaise (F:E:M)
DESSERT CHOICES	Red Berry & Oat Crumble & Custard (H:G:L:M)	Artic Roll (G:M)	Fruit Cheesecake (H:G:M:L)	Fruit Jelly & Ice Cream (M:H)	Swiss Iced Bun (G:M)
	Yoghurt (M) Fresh Fruit Kebabs	Yoghurt (M) Fresh Fruit Kebabs	Yoghurt (M) Fresh Fruit Kebabs	Yoghurt (M) Fresh Fruit Kebabs	Yoghurt (M) Fresh Fruit Kebabs

w/c: 11/9/17, 2/10/17, 30/10/17, 20/11/17, 11/12/17

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Chicken Burger with Lettuce & Mayo (G:M:SS:L)	Macaroni Cheese with Crispy Bacon (G:M:L)	British Roast Beef and Yorkshire Pudding (H:G:M:E:S:L)	Barbecue Chicken Noodles (G:Soy:SS:H)	Harry Ramsden's Junior Fish (F:G:E:L)
MAIN 2 (suitable for Vegetarians)	Quorn Cottage Pie (H:V:M:E)	Spanish Omelette (H:E:V)	Quorn Chilli & Rice (H:V:E)	Quorn Toad In The Hole (H:V:E:G:L:M)	Cheese & Tomato Pasta Bake (H:V:G:L:E)
Vegetables	Sweetcorn Sweet Potato Fries	Seasonal Vegetables	Roast Potatoes & Seasonal Vegetables	Mixed Seasonal Vegetables	Garden Peas & Chips
MAIN 3	Jacket Potato filled with Baked Beans, grated Cheddar Cheese or Tuna Mayonnaise (F:E:M)	Ham & Salad Wrap (H:M:G:L)	Jacket Potato filled with Baked Beans, grated Cheddar Cheese or Tuna Mayonnaise (F:E:M)	Tomato Soup & Fresh Bread (H:V:G:L)	Jacket Potato filled with Baked Beans, grated Cheddar Cheese or Tuna Mayonnaise (F:E:M)
DESSERT CHOICES	Light Chocolate Mousse with a biscuit (M:H:G:L:E)	Pineapple Upside Down Sponge & Custard (H:E:M:G:L)	Raisin & Oat Cookie (G:Sul:M:L)	Strawberry Pavlova & Ice Cream (M:E:H)	Chocolate Cracknel (H:G:SS:L)
	Yoghurt (M) Fresh Fruit Kebabs	Yoghurt (M) Fresh Fruit Kebabs	Yoghurt (M) Fresh Fruit Kebabs	Yoghurt (M) Fresh Fruit Kebabs	Yoghurt (M) Fresh Fruit Kebabs

w/c: 18/9/17, 9/10/17, 6/11/17, 27/11/17, 18/12/17

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Skinnners Lincolnshire Sausage & Creamy Mash (H:M:Sul)	Beef Lasagne & Garlic Bread (H:G:M:E:L)	Succulent Local Roast Pork Loin with Apple Sauce (H:Sul)	Chicken Enchilada (H:G:L)	Thai Salmon Fishcake (H:G:E:Soy)
MAIN 2 (suitable for Vegetarians)	Quorn Sausage & Creamy Mash (H:V:M:E)	Vegetable Lasagne & Garlic Bread (V:E:G:L:M)	Stuffed Peppers (V)	Vegetable Curry Rice & Naan Bread (H:V:G)	Cheese & Tomato Ciabatta (H:M:V:L)
Vegetables	Baked Beans & Creamy Mash	Seasonal Vegetables	Roast Potatoes & Seasonal Vegetables	Baked Beans & Potato Wedges	Peas & Carrots
MAIN 3	Jacket Potato filled with Baked Beans, grated Cheddar Cheese or Tuna Mayonnaise (F:E:M)	Chicken & Bacon Stuffed Croissant (H:L:M)	Jacket Potato filled with Baked Beans, grated Cheddar Cheese or Tuna Mayonnaise (F:E:M)	Vegetable Fingers (H:G:E:L)	Jacket Potato filled with Baked Beans, grated Cheddar Cheese or Tuna Mayonnaise (F:E:M)
DESSERT CHOICES	Pear & Chocolate Sponge & Chocolate Sce (H:G:E:L)	Fresh Fruit salad & Ice Cream (M)	Lemon & Raspberry Muffin (H:L:E:M)	Fruity Flapjack (H:Sul:L)	Chocolate Brownie (H:G:E:L)
	Yoghurt (M) Fresh Fruit Kebabs	Yoghurt (M) Fresh Fruit Kebabs	Yoghurt (M) Fresh Fruit Kebabs	Yoghurt (M) Fresh Fruit Kebabs	Yoghurt (M) Fresh Fruit Kebabs

Fresh Wholemeal Bread and Water available every day.

H = Homemade

V = Suitable for Vegetarian

Allergen Reference : C = celery, G = gluten, E = egg, F = fish, L = lupin, M = milk, MU = Mustard, N = nuts, P = peanuts, SS = Sesame Seed, S = soy, Sul = Sulphur Dioxide, SF = shell fish

Special Lunches

Diwali – Thursday 19th Oct 2017

Main 1 - Chicken Korma with Rice and Naan Bread **(H:G:L)**

Main 2 - Vegetable Korma with Rice and Naan Bread **(H:G:V:L)**

Main 3 – Pasta Bake **(H:G:L)**

Rice Kheer (Rice pudding) **(H:M)**

Halloween – Tuesday 31st Oct 2017

Main 1 – Halloween Casserole (Sausages) **(H)**

Main 2 – Stuffed Roasted Pepper **(H:V)**

Main 3 – Spaghetti Bolognese **(H:G:E:L)**

Dessert – Ghost Cupcakes **(H:G:E:L:M)**

Bonfire Night – Friday 3rd November 2017

Main 1 - Glazed Smokey Hot Dogs in a bun **(H:G:L:Sul)**

Main 2 – Smokey Quorn Hot Dog in a bun **(E:G:L)**

Main 3 – Bonfire Bean & Banger Pasty **(E:G:H:L)**

Dessert – Toffee Apple Muffins & honeycomb **(E:G:H:L:M)**

St Andrews Day – Thursday 30th November

Main 1 – Scottish Beef Casserole Neeps & Tatties Skirlie mash **(G:L:H)**

Main 2 – Vegetable Fingers **(V:L)**

Main 3 – Bridie (Meat Pasty) **(L:H:G:E:M)**

Dessert – Scottish Shortbread **(L:H:M)**

Hanukkah – Wednesday 13th Dec

Main 1 – Slow Cooked Beef Brisket **(H)**

Main 2 – Cauliflower cheese **(H:M:L:G:V)**

Main 3 – Latkes (Potato cakes) **(H:G)**

Dessert – Marzipan & Chocolate Orange Rugelach (Pastry) **(G:N:E:M:L)**

Christmas Lunch – Tuesday 19th Dec 2017

Main 1 – Roast Turkey Dinner and all the trimmings or Roast Beef **(G:E:M:L)**

Main 2 – Roast Vegetable Pinwheel **(G:L:H:V)**

Main 3 – Jacket Potato option **(M:E:F)**

Dessert – Christmas Pudding or Chocolate Log **(Sul:G:E:M:L)**