



Gayhurst Community School MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Fusilli Pasta, Sorrentina sauce, Fresh Basil <i>*Gluten,</i>	Chicken thigh, Teriyaki sauce <i>*Soy, Sesame, Milk</i> 	Pizza Margherita, Tomato, Mozzarella <i>*Gluten, Milk</i> 	Caldereta Slow Cooked Beef, Potatoes, Peas 	Lemon – fish Goujons <i>*Fish, Gluten, Eggs</i> 
MAIN Option 2 (vegetarian)	Broccoli & Quinoa Patties <i>*Gluten, Milk</i>	Vegetables of the week, Teriyaki sauce <i>*Soy, Sesame, Milk</i> 	Vegetarian Enchillada <i>*Milk</i>	Buffalo Cauliflower Wings 	Crispy Baked Halloumi <i>*Gluten & Eggs</i>
To Accompany/Sala d	Cabbage & Apple slaw 	Long grain Rice 	Spinach & Rocket Salad, Sunflower Seeds	<i>Cous cous</i> <i>*Gluten</i> 	Smacked Cucumber 
Bread	Fresh Bread <i>*Gluten</i> 	Fresh Bread <i>*Gluten</i> 	Fresh Bread <i>*Gluten</i> 	Fresh Bread <i>*Gluten</i> 	Fresh Bread <i>*Gluten</i> 
Vegetables	Garlic Roasted Broccoli 	Peas & Pak Choi 	Mexican Sweetcorn, Paprika, Lime	Baked Crispy Kale 	Potatoes wedges, Rosemary 
On the Table	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites
Dessert	Winter Fruits, Crumble <i>*Gluten</i> 	Beetroot and Papaya Brownie <i>*Gluten</i> 	Winter Fruits, Crumble <i>*Gluten</i> 	Peach, Yoghurt & Olive oil Cake <i>*Gluten, Eggs</i> 	Winter Fruits, Crumble <i>*Gluten</i> 

** Allergens are in italics and marked with an asterix*

