



Gayhurst Community School MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Sedanini Pasta, Classic Tomato Sauce <i>*Gluten,</i>	Jerk Chicken Drumstick 	Achari Paneer Curry, Tomato, Coriander Milk	Mongolian Beef, spring onions, Sesame seeds <i>*Gluten, Sesame, Soy</i>	<i>Breaded Fish of the Week</i> <i>*Gluten, Fish, Eggs</i> 
MAIN Option 2 (vegetarian)	Sedanini, Italian Basil pesto, <i>*Gluten,</i> 	Spanish Omelette, Leeks & Potatoes <i>*Milk, Eggs</i>	Sicilian Parmigiana <i>*Gluten, Milk</i>	Butternut squash, thyme, Goat cheese Tart <i>*Gluten, Milk</i>	Polenta Fritters <i>* Dairy</i>
To Accompany	Kachumber Salad <i>* Milk</i> 	Jollof Rice 	Greek Tomato Salad, Feta <i>* Milk</i>	<i>Lamb Lettuce & Watercress Noodles</i> <i>*Gluten</i> 	Corn On The Cob 
Bread	Freshly Baked Bread <i>*Gluten</i> 	Freshly Baked Bread <i>*Gluten</i> 	Pitta Bread & Rice <i>*Gluten</i> 	Freshly Baked Bread <i>*Gluten</i> 	Freshly Baked Bread <i>*Gluten</i> 
Vegetables	Honey-Garlic , Medley Florets 	Asian Coleslaw 	Braised Savoy Cabbage Panko <i>*Gluten</i> 	Trio of Vegetables: Turnip, Carrots, Parsnip 	Potatoes, wedges, Herbs 
On the Table	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites
Dessert	Seasonal Fruits Salad 	Lemon Drizzle, Poppy seeds <i>*Gluten, Eggs</i> 	Seasonal Fruits Salad 	Toffee Apple Cake <i>*Gluten, Eggs, Milk</i> 	Seasonal Fruits Salad 

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

