



Gayhurst Community School
MENU

Gayhurst Community School

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Farfalle Pasta in Rich Tomato sauce, Fresh Basil & Parmesan Cheese *Gluten, Milk	Jerk Chicken Thighs 	Mac & Cheese *Gluten, Milk 	Philippines Beef Tapa *Soy 	Teriyaki Fresh Fish *Fish, Soy, Sesame 
MAIN Option 2 (vegetarian)	Farfalle Pasta, Basil Pesto, Roast Sunflower seeds, Parmesan  *Gluten, Milk	Plantain & Beans Patties	Spanish Tortilla, Potatoes *Eggs,Milk	Vegetables & Egg Fried Rice *Eggs 	Spinach & Feta Samosa *Gluten, Milk 
To Accompany/Salad	Caesar Salad  *Mustard	Nigerian Jollof Rice 	Lettuce, Radish & Spring Onion Salad	Jasmine Rice 	Noodle  *Eggs
Bread	Fresh Bread  *Gluten	Fresh Bread  *Gluten	Fresh  *Gluten	Fresh Bread  *Gluten	Fresh Bread  *Gluten
Vegetables	Sautéed Spinach 	Creamy Coleslaw 	Roasted Peas & Sweetcorn	Oven Baked New Potatoes	Roast Garlic Broccoli 
On the Table	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites
Dessert	Fruits Salad 	Lemon Drizzle & Poppy Seeds  *Gluten,Eggs	Fruits Salad 	Coconut -Lime Cake  *Gluten, Eggs, Milk	Fruits Salad 

LEAD
LEARNING EDUCATION ARTS PARTNERSHIP



* Allergens are in italics and marked with an asterix