



Gayhurst Primary School
Week 2

Gayhurst Community School

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Farfalle Pasta in Rich Tomato sauce, Fresh Basil & Parmesan Cheese *Gluten, Milk	Chicken Shawarma, Coriander, Lemon juice	Vegetarian Lasagna, Tomato, Bechamel Sauce *Gluten, Milk	Slow cooked Beef Ragout, Casareccia Pasta *Gluten	Mediterranean Fish, Lemon & Herbs *Fish
MAIN Option 2 (vegetarian)	Farfalle Pasta, Basil Pesto, Roast Sunflower seeds, Parmesan *Gluten, Milk	BBQ Beans & Rice Burrito *Gluten		Spinach-Leek & Potatoes Quiche *Gluten, Milk	Vegetables Curry ,Flatbread *Gluten
To Accompany/Salad	Greek Salad, Feta *MILk	Long Grain Rice	Italian chopped Salad		Rice
Bread	Fresh Bread *Gluten	Fresh Bread *Gluten	Fresh Bread *Gluten	Fresh Bread *Gluten	Fresh Bread *Gluten
Vegetables	Medley Vegetables	Corn on the Cob	Maple Roasted Carrots	Roasted Garlic Broccoli	Potatoes Wedges
On the Table	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites
Dessert	Fruits Salad	Raspberry & Yogurt Cake *Gluten,Eggs, MIlk	Fruits Salad	Chocolate & Banana Cake *Gluten, Eggs, Milk	Fruits Salad

LEAD



* Allergens are in italics and marked with an asterix