















Gayhurst Community School

MENU week starting 11.07.22



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Tomato Pasta  <i>*Gluten</i>	Beef Meatballs  <i>*Sulphites</i>	Sri Lankan Dhal <i>*Mustard</i>	Chicken Drumsticks  <i>*Milk</i>	Chef's Special 
MAIN Option 2 (vegetarian)	Pasta with Cheese  <i>*Gluten, Milk</i>	Vegetable Burritos  <i>*Gluten</i>	Vegetarian Meatballs 	Vegetarian Sausages  <i>*Soya</i>	Vegetarian Chef's Special 
To Accompany	Cucumber 	Noodles  <i>*Gluten, Eggs</i>	Rice  <i>*Celery</i>	Jollof Rice  <i>*Celery, Milk</i>	Chef's Special Side
Bread	Freshly Baked Bread  <i>*Gluten</i>	Freshly Baked Bread <i>*Gluten</i>	Freshly Baked Bread  <i>*Gluten</i>	Freshly Baked Bread <i>*Gluten</i>	Freshly Baked Bread  <i>*Gluten</i>
Vegetables	Green Beans + Peas 	Savoy Cabbage 	Broccoli 	Mixed Leaf Salad 	Sweetcorn 
On the Table	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites
Dessert	Fruit 	Fruit 	Seasonal Sponge Cake  <i>*Gluten, Eggs</i>	Fruit Mousse <i>*Milk</i>	Fruit 