



Gayhurst Community School MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Orecchiette alla Diavola, Tomato & Olives *Gluten	Roasted Chicken Thigh, Romesco sauce	Vegetables Bolognese Sauce, Spaghetti Pasta *Gluten, Dairy	Pulled Brisket Ragu' with Mafaldine Pasta *Gluten, Celery	Salmon fishcake, Tarragon Mayo *Fish, Eggs, Gluten
MAIN Option 2 (vegetarian)	Orecchiette, Tallarin verde pesto, Feta * Gluten, Milk	*Milk, Gluten, Eggs	*Milk	Spinach, Broccoli & Feta Tart *Gluten, Milk	* Dairy, Gluten
To Accompany	Cucumber, Fennel & Dill Salad	Asian Coleslaw	Potatoes Dauphinoise * Milk	*Gluten, Milk, Sulphite	Greek Orzo Salad
Bread	Freshly Baked Bread *Gluten	*Gluten	Freshly Baked Bread Bread *Gluten	*Gluten	*Gluten
Vegetables	Roasted Broccoli Florets	Sautee' Spring Green	Kale – Orange Salad *Sulphite	Roasted Chantenay Carrots, dill	Potatoes, wedges, herbs
On the Table	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites
Dessert	Winter Fruits, Crumble * Gluten	Lemon Drizzle, Poppy seeds *Gluten, Eggs, Milk	Winter Fruits, Crumble *Gluten	*Gluten, Eggs, Milk	Winter Fruits, Crumble *Gluten
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