

GASCOIGNE SCHOOL MENU



 **V: Vegetarian**
 **VE: Vegan**



WEEK ONE

GO GREEN MONDAY

MAINS
Chickpea and Lentil Curry Served with 50/50 Rice (VE)  

OR

MAINS
Butternut Squash and Spinach Curry Served with 50/50 Rice. (VE)  

SIDE
Peas and Sweetcorn (VE)

DESSERT
Fresh Fruit (VE)
Selection of Yogurt (V)

MAINS
Spring Vegetable Stir Fry Noodles (V)  

OR

MAINS
Veggie Sizzle Sausage Served with Root Mash Potato (V)  

SIDE
Wilted Greens & Sweetcorn (VE)

DESSERT
Fresh Fruit (VE)
Selection of Yogurt (V)

TUESDAY PASTA KING

MAINS
Zig Zag Lasagne (VE)  

OR

MAINS
Pomodoro Spaghetti Meatballs

SIDE
Carrots and Broccoli (VE)

DESSERT
Fresh Fruit (VE)
Selection of Yogurt (V)
Berries Jelly Trifle (V)

MAINS
Wholesome Mac & Cheese (V)  

OR

MAINS
Sticky Beef with Carrot Rice (V)  

SIDE
Baked Garlic Broccoli (VE)

DESSERT
Fresh Fruit (VE)
Selection of Yogurt (V)
Peach Jelly Trifle (V)

GO GREEN WEDNESDAY

MAINS
Crispy Margherita Pizza (V)  

OR

MAINS
Crunchy Winter Crumble (V)  

SIDE
Corn on the Cob (VE)

DESSERT
Fresh Fruit (VE)
Selection of Yogurt (V)

MAINS
Crispy Sweetcorn Pizza (V)  

OR

MAINS
Bean and Sweet Potato Ragu (VE)  

SIDE
Vegetable Medley (VE)

DESSERT
Fresh Fruit (VE)
Selection of Yogurt (V)

THURSDAY ROAST

MAINS
Ultimate Veggie Cheesy Flan (V)  

OR

MAINS
Traditional Roast Chicken

SIDE
Roast Potatoes (VE), Yorkshire Pudding, Cauliflower (V), Gravy (VE)

DESSERT
Fresh Fruit (VE)
Selection of Yogurt (V)
Jelly

MAINS
Golden Crunchy Roasted Squash Fillet (VE)  

OR

MAINS
Traditional Roast Chicken

SIDE
Roast Potatoes (VE), Yorkshire Pudding, Cauliflower (V), Gravy (VE)

DESSERT
Fresh Fruit (VE)
Selection of Yogurt (V)
Jelly

FRIDAY FISH DAY

MAINS
Roast Mediterranean Vegetable & Falafel Wrap (V)  

OR

MAINS
Classic Battered Fish

SIDE
Oven Baked Chips (VE), Peas, Curry Sauce (V)

DESSERT
Fresh Fruit (VE)
Selection of Yogurt (V)

MAINS
Cheese & Leek Pie (V)  

OR

MAINS
Classic Salmon Fish Finger

SIDE
Oven Baked Chips (VE), Peas, Curry Sauce (V)

DESSERT
Fresh Fruit (VE)
Selection of Yogurt (V)

AVAILABLE DAILY

Sandwiches Selection
Jacket Potato Available Everyday (V/VE)
Freshly Baked Bread (V)
Seasonal Fresh Fruit (VE)
Low fat Yoghurts (V)
Locally sourced salad bar (VE)

WEEK TWO