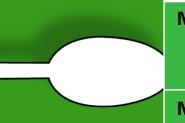


G.F. MENU Week 1

2024

BRAND NEW!



ALLERGEN KEY

- 1. Celery
- 2. Gluten
- 3. Crustaceans
- 4. Eggs
- 5. Fish
- 6. Lupine
- 7. Milk
- 8. Molluscs
- 9. Mustard
- 10. Peanuts
- 11. Sesame
- 12. Soybeans
- 13. Sulphites
- 14. Tree nuts
- A.F. Allergens free

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN MEAL 1	Sweet Chilli Pork served with Rice	Beef Lasagne	Chicken Fillet Roast Served with New Potatoes and Gravy	Chicken Rogan Josh served with Rice	MSC Fry Pollock Served with Baked Chips	4
	A.F.	4,7.	A.F.	A.F.	5.	
MAIN MEAL 2	Cheese and Tomato Pizza	Quorn Bolognese Served with Penne Pasta	Vegetarian Sausage Casserole	Onion Bhaji Grill served with Rice	Falafel Burger served with Rice	
	7. 	7.	12.	A.F.	A.F.	
MAIN MEAL 3	Jacket Potatoes with Cheese and Baked Beans	Jacket Potatoes with Cheese or BBQ Pork Sauce	Jacket Potatoes with Cheese or Bolognese Sauce	Jacket Potatoes with Cheese or Chicken Sauce	Jacket Potatoes with Cheese and Baked Beans	
	7.	7.	7.	7.	7.	
DESSERTS Please note:	Apple sponge 4,7.	Pear Crumble A.F.	Fruit Jelly A.F. Served with custard	Lemon Sponge 4,7. Served with custard	Chocolate doughnuts	(
Custard contain 4,7.	Served with custard 4,7.	Served with custard 4,7.	4,7.	4,7.	4,7.	
SIDES	Dice Carrot	Mixed Salad	Mix Vegetables	Sweetcorn	Beans	
SIDES	A.F.	A.F.	A.F.	A.F.	A.F.	_

AVAILABLE DAILY

Wholemeal bread, fresh salads, a variety of seasonal fresh fruit, yogurts & jacket potatoes. Please note that all our dishes can be adapted to suit the majority of dietary requirements





G.F. MENU Week 2

2024

BRAND NEW!

ALLERGEN KEY

- 1. Celery
- 2. Gluten
- 3. Crustaceans
- 4. Eggs
- 5. Fish
- 6. Lupine
- 7. Milk
- 8. Molluscs
- 9. Mustard
- 10. Peanuts
- 11. Sesame
- 12. Soybeans 13. Sulphites
- 14. Tree nuts
- A.F. Allergens free

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Chinese Sweet and Sour Chicken with Noodles	Penne Pasta Bolognese	Roast pork Served with New Potatoes and Gravy	Chicken Meatballs Served with Rice	MSC Grill Cod Fillet Served with Baked Chips
	4,12.	A.F.	A.F.	12,13.	5.
MAIN MEAL 2	Cheese and Tomato pizza	Stuffed potatoes	Cheese Pinwheels with Roast Potatoes and Vegetables	Sweet Potato & Lentil in a Tomato Sauce	Vegetarian Burger with Baked Chips
	7.	7.	7,13.	1.	A.F.
MAIN MEAL 3	Jacket Potatoes with Cheese and Baked Beans 7.	Jacket Potatoes with Cheese or BBQ Pork Sauce 7.	Jacket Potatoes with Cheese or Bolognese Sauce	Jacket Potatoes with Cheese or Chicken Sauce 7.	Jacket Potatoes with Cheese and Baked Beans 7.
			/•	7.	7.
DESSERTS Please note:	Fruit Salad A.F.	Carrot Cake 4,7,12. Served with custard	Strawberry mousse	Blackberry Sponge 4,7,12. Served with custard	Waffle
Custard contain 4,7.		4,7.	7.	4,7.	4,7,12.
	Dice Carrot	Mixed Salad	Mix Vegetables	Sweetcorn	Beans
Sides	A.F.	A.F.	A.F.	A.F.	A.F.

AVAILABLE DAILY

Wholemeal bread, fresh salads, a variety of seasonal fresh fruit, yogurts & jacket potatoes. Please note that all our dishes can be adapted to suit the majority of dietary requirements

