

Lunch Menu Cycle - Week 1

A selection of seasonal vegetables and mixed salad, served daily with any main meal.

Monday	Tuesday	Wednesday	Thursday	Friday
FIRECRACKER CHICKEN DRUMSTICKS Fresh halal chicken firecracker chicken drumsticks cooked and finished in the oven.	BEEF MEATBALLS IN TOMATO SAUCE Fresh minced beef seasoned with herbs and spices rolled into meatballs then cooked and served in a tomato herb sauce.	BEEF DONNA KEBAB Fresh halal beef mince combined with herbs & spices to make a delicious kebab served with salad and flatbread or wrap.	SWEET CHILLI CHICKEN SKEWERS Fresh halal chicken marinated and cooked with peppers and onions and finished with a sweet chilli sauce.	HOMEMADE BATTERED FISH Fish fillets coated in a homemade batter and fried served with chips or salt & pepper chips.
OR				
SAUSAGE CASSOULET Fresh halal sausage enveloped with herbs in a tomato and mixed bean casserole	CHICKEN FAJITA Fresh halal chicken cooked in Cajun spice with onions & peppers served in a tortilla wrap or flatbread.	PRAWN CURRY Delicious cutter prawns cooked with Indian spices alongside peppers & onions in delicious curry sauce served with rice.	BEEF HOT POT Fresh halal mince beef cooked and combined with onions, carrots, celery, leeks and herbs in gravy then topped with sliced potatoes finished in the oven.	CHICKEN BURGER
				OR
				BEEF BURGER
VEGETARIAN OPTION				
POTATO CHICKPEA CURRY Fresh vegetables, potatoes and chickpeas combined with herbs and spices slow cooked to make a delicious curry served with rice.	VEGETABLE STEW Fresh vegetables slow cooked in a rich tomato sauce to make a delicious stew.	SWEET & SOUR VEGETABLES Fresh vegetables cooked and served with a beautiful sweet & sour sauce.	VEGETABLE BURRITO Fresh vegetables cooked with herbs, Mexican spices and chopped tomatoes placed into a wrap covered with sauce and cheese and finished in the oven.	VEGETARIAN BURGER Fresh vegetables combined together and coated in breadcrumbs. NOT VEGAN

DAILY ALTERNATIVES

A selection of sandwiches, wraps, hot and cold snacks and jacket potatoes

DESSERT

A selection of home baked goods: biscuits and cakes.

A selection of fresh fruit or fruit pots.



Gateacre School





Lunch Menu Cycle- Week 2

A selection of seasonal vegetables and mixed salad, served daily with any main meal.

Monday	Tuesday	Wednesday	Thursday	Friday
MAPLE CHILLI CHICKEN SKEWERS Fresh halal chicken maple chilli skewers cooked and served with pitta or flatbread.	CHICKEN PIZZAIOLA Fresh breaded chicken topped with herbs and pizza sauce and cheese finished in the oven.	BUFFALO CHICKEN WINGS Fresh halal chicken wings cooked and served in a hot buffalo sauce.	SALT & PEPPER CHICKEN Fresh halal chicken cooked and combined with onions and peppers and salt & pepper seasoning.	HOMEMADE BATTERED FISH Fish fillets coated in a homemade batter and fried served with chips or salt & pepper chips.
OR				
BEEF CHILLI CON CARNE Fresh halal minced beef cooked with onion, peppers, carrots, herbs, spices and mixed with kidney beans. Served with rice.	SALMON GREEN PEPPER & BLACK BEAN SAUCE Fresh salmon cooked and combined with onions and peppers, enveloped in a black bean sauce served with rice.	COTTAGE PIE Fresh halal mince beef cooked with onions, carrots, garlic and herbs topped with fluffy mash potato and finished in the oven.	SAUSAGE & MASH Fresh halal jumbo sausage cooked in the oven. Then combined with onion gravy and mash potato.	CHICKEN BURGER
				OR
				BEEF BURGER
VEGETARIAN OPTION				
SPICY TOMATO PASTA BAKE Fresh pasta cooked and mixed with a spicy tomato sauce topped with cheese and baked in the oven.	QUORN & VEGETABLE CHOW MIEN Fresh vegetables and Quorn stir fried and served with egg noodles in a delicious chow mien sauce.	RISOTTO Risotto rice and vegetables cooked and combined with tom puree, garlic and herbs.	QUORN VEGAN BITES AND MASH Quorn bites cooked and served alongside a vegan onion gravy and mash.	VEGETARIAN BURGER Fresh vegetables combined together and coated in breadcrumbs. NOT VEGAN

DAILY ALTERNATIVES

A selection if sandwiches, wraps, hot and cold snacks and jacket potatoes

DESSERT

A selection of home baked goods: biscuits and cakes.

A selection of fresh fruit or fruit pots.





Lunch Menu Cycle- Week 3

A selection of seasonal vegetables and mixed salad, served daily with any main meal.

Monday	Tuesday	Wednesday	Thursday	Friday
SOUTHERN FRIED CHICKEN WRAP Fresh halal chicken cooked and served with a tortilla wrap and sauce.	CHICKEN BURRITO Fresh halal chicken cooked with Cajun spice, herbs and tomatoes with onions and peppers then topped with cheese and finished in the oven.	SPICY CHICKEN BLACK BEAN & GREEN PEPPER Fresh halal chicken cooked with onions and peppers and served in a delicious spicy black bean sauce.	BEEF LASAGNE Fresh halal mince beef cooked with onions, peppers, tomatoes and herbs Topped with a white sauce and cheese and finished in the oven.	HOMEMADE BATTERED FISH Fish fillets coated in a homemade batter and fried served with chips or salt & pepper chips.
OR				
FISH CAKE AND CURRY SAUCE Delicious fishcake cooked and served alongside chip shop curry sauce.	BEEF BOLOGNAISE Fresh halal mince beef cooked with onion, carrots, peppers, herbs and spices in a tomato sauce served with pasta.	FRENCH BEEF PIE Fresh halal minced beef cooked with onion herbs and combined with gravy topped with a pie lid.	CHINESE CHICKEN CURRY Fresh halal chicken marinated with Indian spices combined with onions and peppers thenseasoned and served with rice.	CHICKEN BURGER
				OR
				BEEF BURGER
VEGETARIAN OPTION				
QUORN BOLOGNAISE Quorn mince cooked with onion, carrots, peppers, herbs and spices in a tomato sauce served with pasta.	VEGETABLE JAMBALAYA Fresh diced vegetables combined with garlic, herbs and Cajun spice and mixed with rice.	VEGETABLE LASAGNE Fresh vegetables cooked with tomatoes and herbs topped with a white sauce and cheese and finished in the oven.	CAJUN MAC AND CHEESE Fresh pasta cooked and combined with a Cajun macaroni cheese sauce finished in the oven.	VEGETARIAN BURGER Fresh vegetables combined together and coated in breadcrumbs. NOT VEGAN

DAILY ALTERNATIVES

A selection of sandwiches, wraps, hot and cold snacks and jacket potatoes

DESSERT

A selection of home baked goods: biscuits and cakes.

A selection of fresh fruit or fruit pots.

