

# Lunch Menu (Week 4)



Gateacre School

|                 | Monday<br>(Meat Free)                                    | Tuesday<br>(British Classics)   | Wednesday<br>(Curry Day)                                     | Thursday<br>(Street Food)                       | Friday<br>(Fast Food)                                  |
|-----------------|--|---|--|---|--|
| Main 1          | Homemade Margherita<br>Pizza<br>Mixed Salad              | Sausage and Mash<br>with Peas and<br>Sweetcorn served with<br>Onion Gravy | Chicken Tikka Masala<br>Pilau Wholemeal Rice &<br>Naan Bread | Meatballs with<br>Arrabbiata Sauce and<br>Pasta | Homemade Battered<br>Cod Fillet<br>Chips<br>Mushy Peas |
| Main 2          | Asian Noodle Stir Fry                                    | Cheese and Ham<br>Toastie<br><br>Mixed Salad                              | Chille Con Carne   | Chicken Burger with<br>Apple Coleslaw           | Jumbo Sausage Roll<br><br>Salad                        |
| Alternative (V) | Cheese and Veggie<br>Sausage Panini<br>Homemade Coleslaw | Mediterranean<br>Vegetable Frittata                                       | Baked Potatoes with<br>various fillings                      | Mini-cheese omelette<br>with salad              | Cheese and Onion<br>Quiche                             |
| Soup            | Tomato and Lentil  | Chef's Choice   | Leek and Potato  | Chef's Choice                                   | Cream of Vegetable                                     |
| Desert          | Homemade Cookies<br><br>Fruit Pot<br><br>Fresh Fruit     | Homemade Bakewell<br>Flapjacks<br><br>Fresh Fruit                         | 'Chocolate' Fudge Cake<br><br>Fresh Fruit                    | Victoria Sponge Cake<br><br>Fresh Fruit         | Yogurts<br><br>Cheese and Crackers                     |