

WEEKLY

## MENU

## Gildredge House School Week One

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Mexican Beef Chilli con Carne

Sticky BBQ Chicken &amp; Onions

Baked Gammon

Chicken Tikka Marsala Curry

Catch of the day - Friday  
Breaded Fish - Gluten free  
also availableMexican Quorn Vegetable  
Chilli con Carne (V)Quorn Sausages with BBQ  
Onions (V)Vegetarian Quorn Sweet  
Potato Meatloaf (V)North Indian Palak Dal -  
Spinach & Lentils & Spices (V)Roasted Pepper & Red Onion  
Frittata (V)

Braised Rice

Mashed Potatoes

Roasted Baby Potatoes

Basmati Rice

Chips

Sweetcorn &amp; Peppers

Gluten Free Gravy

Mini Naan Bread

Steamed Garden Peas

Baked Jacket Potato & Baked  
BeansFusilli Pasta with Tomato Basil  
Sauce

Vegetable Medley

Fusilli Pasta with Tomato Herb  
SauceJacket Potato served with  
Cheddar CheeseHomemade Chocolate  
Brownie

Frosted Carrot Cake

Baked Jacket Potato served  
with Tuna MayonnaisePear & Apple Crumble &  
Custard

Fresh Fruit Salad

Oaty Flapjack

Salad Bar