

Gibside Lunch Menu – 2021/22

WC: 06/09, 27/09, 18/10, 15/11, 06/12, 10/01, 31/01, 28/02, 21/03, 25/04, 16/05, 13/06, 04/07

Menu Week 1	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
Main	Wholemeal pizza margherita, hand cut potato wedges and mixed salad or baked beans	Roast Chicken with Yorkshire pudding, gravy, roast potatoes and vegetable medley	Sausage, potato wedges, vegetable medley or baked beans	Chicken nuggets, naan bread, rice and curry sauce	Omega 3 Fish fingers, seasoned surf fries, beans or peas (MSC)
Alternatives	Meat alternatives always available (eg Quorn fillet/sausage/nuggets). Jacket potatoes with various fillings available on request.				
Dessert	Cupcake Yoghurt Whole or fresh fruit portion	Chocolate mousse, strawberry sauce Cheese and crackers Whole or fresh fruit portion	Jelly and fruit salad Cheese and crackers Whole or fresh fruit portion	Oaty biscuit Yoghurt Whole or fresh fruit portion	Iced fruit smoothie with fruit salad Yoghurt Whole or fresh fruit portion

WC: 13/09, 04/10, 01/11, 22/11, 13/12, 17/01, 07/02, 07/03, 28/03, 02/05, 23/05, 20/06, 11/07

Menu Week 2	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pizza and pasta Vegetable medley or baked beans	Locally produced sausage with mashed potatoes, gravy and seasonal vegetables (Red Tractor)	Roast pork with Yorkshire pudding, gravy, roast potatoes, crushed carrots and swede and green beans	Breaded chicken, potato wedges, vegetable medley or baked beans	Fish and chips, baked beans or peas (MSC)
Alternatives	Meat alternatives always available (eg Quorn fillet/sausage/nuggets). Jacket potatoes with various fillings available on request.				
Dessert	Cupcake Yoghurt Whole or fresh fruit portion	Jelly Cheese and crackers Whole or fresh fruit portion	Biscuit Cheese and crackers Whole or fresh fruit portion	Baked doughnut garnished with peaches Yoghurt Whole or fresh fruit portion	Ice cream Yoghurt Whole or fresh fruit portion

WC: 20/09, 11/10, 08/11, 29/11, 20/12, 24/01, 14/02, 14/03, 04/04, 09/05, 06/06, 27/06

Menu Week 3	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pizza and pasta Vegetable medley or baked beans	Sausage, potato wedges, vegetable medley or baked beans	Breaded chicken, wrap, noodles and vegetables	Ham, roast potatoes, Yorkshire pudding and vegetables	Omega 3 fish fingers, chunky chips, peas or baked beans
Alternatives	Meat alternatives always available (eg Quorn fillet/sausage/nuggets). Jacket potatoes with various fillings available on request.				
Dessert	Cupcake Yoghurt Whole or fresh fruit portion	Shortbread biscuit Yoghurt Whole or fresh fruit portion	Jelly Cheese and crackers Whole or fresh fruit portion	Strawberry mousse Cheese and crackers Whole or fresh fruit portion	Smoothie Yoghurt Whole or fresh fruit portion