

ALF Catering – Menus for John of Gaunt School

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Pitta Pocket	Chilli Con Carne	Roast Chicken & Stuffing	Hot Dogs	Fish Fingers
Option 2	Falafel Pitta Pocket	Quorn Chilli Con Carne	Quorn Fillet & Stuffing	Vegetarian Hot Dogs	Vegetable Fingers
Served With...	Roasted Tomato & Vegetable Rice	Steamed Rice and Garlic Bread	Baby New Potatoes, Seasonal Vegetables, Yorkshire Pudding & Gravy	Potato Wedges & Baked Beans	Chips and Peas
Pudding	Frozen Smoothie	Iced Lemon Cake	Chocolate Pot	Cherry Rock Cakes	Banana Flapjack

Also available every day, **Week One**, **Week Two** or **Week Three**, packed lunch with Cheese or Ham Sandwiches

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pepperoni Pizza	Sausage Roll	Shepherd's Pasty	Chicken Burger	Fishcake
Option 2	Margherita Pizza	Vegetable Sausage Roll	Cheese and Onion Pasty	Veggie Burger	Veggie Spring Roll
Served With...	Green Beans and Corn on the Cob	Baked Beans & Baby New Potatoes	Seasonal Vegetables, Sweetcorn, Mash & Gravy	Herby Potatoes & Rainbow Salad	Chips and Baked Beans
Pudding	Ice Cream	Chocolate and Raspberry Muffin	Iced Vanilla Sponge	Cinnamon Swirl	Cocoa Oatcake

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Italian Meatballs	BBQ Cheesy Chicken	Pigs in Blankets	Chicken Tikka Masala	Fish Goujons
Option 2	Vegetarian Meatballs	BBQ Cheesy Quorn Fillet	Veggie Sausage	Vegetable Tikka Masala	Veggie Goujons
Served With...	Cheesy Garlic Bread & Rainbow Salad	Mixed Baby Vegetables & Potato Medley	Roast Potatoes, Yorkshire Pudding, Seasonal Vegetables & Gravy	Onion Bhaji and Steamed Rice	Chips and Baked Beans
Pudding	Ice Cream Roll	Jelly and Fruit	Ginger Cake	Cornflake Tart and Custard	Apple & Cinnamon Cake

Week One dates: 4th September 22nd January 25th September 12th February 16th October 13th November 4th December 1st January

Week Two dates: 11th September 2nd October 30th October 20th November 11th December 8th January 29th January

Week Three dates: 18th September 9th October 6th November 27th November 18th December 15th January 5th February