



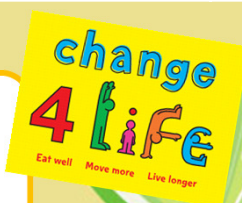
Gainsborough Primary School



Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Italian Fish Fillet with Herby Tomato Sauce & Mashed Potatoes*	Tuna Wrap with Salad & Mayonnaise	White Fish Bake with Roast or Boiled Potatoes	Fish Fingers with Potato Wedges	Creamy Cod & Salmon Potato Bake*
Meat Choice	Sausages with Onion Gravy & Mashed Potatoes	Lamb Stew with Potatoes*	Roast Chicken & Stuffing with Roast or Boiled Potatoes	Cottage Pie*	BBQ Chicken with Potato Wedges *
Vegetarian Choice	Spanish Omelette* with Wholemeal Baguette & Salad	Cheese & Tomato Pizza	Vegetarian Pasta Bake*	Vegetarian Lasagne*	Cheese Wraps*
Vegetable Selection	Cook's Vegetable Selection	Cook's Vegetable Selection	Fresh Seasonal Vegetables	Cook's Vegetable Selection	Baked Beans Peas
Dessert	Strawberry & Vanilla Mousse	Chocolate & Orange Sponge with Chocolate Sauce	Rice Pudding with Jam*	Apple Crumble with Custard*	Fruit, Jelly & Ice Cream

Daily Selection also includes :
Salad Bar , Fresh Fruit, Yoghurt, Cheese & Biscuits
Selection of Sandwiches. Additional bread .



All meat served is Halal
 All fish from sustainable sources
 *indicates 'home made' dish
Items subject to availability





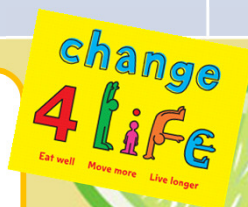
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Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Salmon, Broccoli & Sweetcorn Pasta Bake*	Jacket Potatoes with Tuna & Sweetcorn	Crunchy Cod Crumble with Cheese Sauce* with Roast or Boiled Potatoes	Tuna Wraps	Cod Fillet in Batter with Chips or Mashed Potatoes
Meat Choice	Lamb Burger in a Burger Bun with Salad	BBQ Chicken with Rice	Roast Lamb with Roast or Boiled Potatoes	Spaghetti Bolognese*	Creamy Chicken & Leek Pie with Chips or Mashed Potatoes
Vegetarian Choice	Quorn & Vegetable Curry with Rice*	Quorn Frankfurter Hot Dog Roll with Onions	Quorn Casserole with Roast or Boiled Potatoes *	Cheese & Onion Slice with Chips or Mashed Potatoes	Two Cheese Wholemeal Hoagie Melt with Peppers & Onions
Vegetable Selection	Cook's Vegetable Selection	Cook's Vegetable Selection	Fresh Seasonal Vegetables	Cook's Vegetable Selection	Peas Baked Beans
Dessert	Raspberry Ripple Ice Cream Sponge Roll	Spiced Banana Cake with Custard*	Orange & Mango Fruit Smoothie	Chocolate Brownie with Ice Cream	Fruit Salad with Yoghurt Ice Cream

Daily Selection also includes :
Salad Bar , Fresh Fruit, Yoghurt, Cheese & Biscuits
Selection of Sandwiches. Additional bread .



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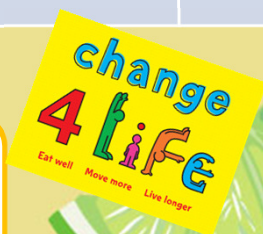
Gainsborough Primary School



Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Tuscan Tuna Pasta Bake*	Cod Fillet with Parsley Sauce & Mashed Potatoes*	White Fish Bake with Roast or Boiled Potatoes	Cod Fillet in Parsley Sauce with Boiled Potatoes*	Fish Fingers with Potato Wedges
Meat Choice	Piri Piri Chicken with Rice*	BBQ Sausages with Mashed Potatoes	Roast Chicken & Stuffing with Roast or Boiled Potatoes*	Lasagne (Lamb)*	Meat Pie with Potato Wedges*
Vegetarian Choice	Tomato & Pepper Pizza	Vegetarian Shepherd's Pie *	BBQ Veggie Burger with Roast or Boiled Potatoes*	Cheese Slice with Potatoes	Vegetarian Chilli with Rice or Potato Wedges*
Vegetable Selection	Cook's Vegetable Selection	Cook's Vegetable Selection	Fresh Seasonal Vegetables	Cook's Vegetable Selection	Peas Baked Beans
Dessert	Chocolate Mousse	Dorset Apple Cake with Custard*	Cheesecake*	Carrot Cake with Custard*	Fruit, Jelly & Ice Cream

Daily Selection also includes :
Salad Bar , Fresh Fruit, Yoghurt, Cheese & Biscuits
Selection of Sandwiches. Additional bread .



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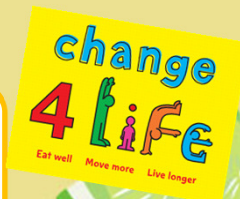
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Menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Fisherman's Pie with Mashed Potato Topping*	Jacket Potatoes with Tuna & Sweetcorn	Baked Lemon & Herb Cod Fillet with Roast or Boiled Potatoes *	Tuna Wraps*	Fish in Batter with Chips or Mashed Potatoes
Meat Choice	Southern Seasoned Chicken with Mashed Potatoes*	Lamb & Korma with Rice*	Roast Lamb* with Roast or Boiled Potatoes	Chicken Meatballs with Pasta & Tomato & Basil Sauce	Meat & Vegetable Pie with Chips or Mashed Potatoes*
Vegetarian Choice	Vegetarian Spaghetti Bolognese*	Macaroni Cheese*	Wholemeal Leek & Tomato Quiche with Roast or Boiled Potatoes*	Quorn & Vegetable Curry with Rice*	Quorn, Cauliflower & Broccoli Bake with Chips or Mashed Potatoes*
Vegetable Selection	Cook's Vegetable Selection	Cook's Vegetable Selection	Fresh Seasonal Vegetables	Cook's Vegetable Selection	Peas Baked Beans
Dessert	Chocolate Sponge Ice Cream Roll	Apple Crumble with Custard*	Fruit Cheesecake*	Raspberry & Coconut Sponge with Custard	Scotch Pancakes with Fruit & Ice Cream

Daily Selection also includes :
Salad Bar , Fresh Fruit, Yoghurt, Cheese & Biscuits
Selection of Sandwiches. Additional bread.



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