

# MENU

## GLEBE SCHOOL TERM 3 | 6<sup>th</sup> January – 13<sup>th</sup> February



### ALLERGEN KEY

- 1 CEREALS CONTAINING GLUTEN
- 2 CRUSTACEANS
- 3 MOLLUSCS
- 4 FISH
- 5 PEANUTS\*
- 6 NUTS
- 7 EGGS

- 8 SOYBEANS
- 9 MILK
- 10 CELERY
- 11 MUSTARD
- 12 LUPIN
- 13 SESAME
- 14 SULPHUR DIOXIDE

IF YOU HAVE ANY ALLERGEN CONCERNS PLEASE SPEAK TO THE CATERING MANAGER. WHILST WE DO NOT BRING WHOLE NUTS OR INGREDIENTS WITH NUTS INTO OUR KITCHENS, SOME PRODUCTS ARE SUBJECT TO 'MAY CONTAIN' STATUS IN MANUFACTURING



WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREERANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

# WEEK 1 | 5<sup>th</sup> – 9<sup>th</sup> January

## MENU

**MONDAY**

**5**

### MAIN

Chicken Sausage Pasta Bake with Cheese Topping (1, 8, 9, 11) served with Garlic Bread, Peas and Corn Mix

### MAIN (V)

Vegetable Pasta Bake served with Garlic Bread, Peas and Corn Mix (VEGETARIAN) (1, 8, 9, 11)

### DESSERT

DESSERT Homemade Flap Jack (1)

**TUESDAY**

**6**

### MAIN

Our Specialty Curries with a choice of Vegetable, Meat and Vegan Dishes served with Traditional Garnishes and Accompaniments (1)

### DESSERT

Chocolate Orange Mousse (7, 8)

**WEDNESDAY**

**7**

### MAIN

Herb Roast Chicken served with Roast Potatoes, Seasonal Vegetables and Rich Gravy

### MAIN (V)

Roasted Vegetable Quiche served with Roast Potatoes, Seasonal Vegetables and Rich Gravy (VEGETARIAN) (1, 7, 9)

### DESSERT

Chocolate Brownie with Cream (1, 7, 8, 9)

**THURSDAY**

**8**

### MAIN

Three Cheese Baked Macaroni topped with Caramelised Red Onions and Roasted Cherry Tomatoes, served with Garlic Slice and Mixed Garden Salad (1, 8, 9, 11)

### MAIN (V)

Vegetable Bolognese Served with Garlic Slice and Mixed Garden Salad (1, 8, 9, 11)

### DESSERT

Apple Crumble and Custard (1, 9)

**FRIDAY**

**9**

### MAIN

Chicken Burger served with Chips, Baked Beans or Coleslaw (1, 7, 8)

### MAIN (V)

Vegetable Burger served with Chips and Beans (VEGAN) (1, 7, 8, 13)

### DESSERT

Choice of Home Bakes or Dessert Pots (1, 7, 8, 9)

WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

INDEPENDENTCATERING.CO.UK  
EDUCATERLIMITED.COM

## WEEK 2 | 12<sup>th</sup> – 16<sup>th</sup> January

# MENU

**MONDAY**

**12**

**MAIN**

Chicken Sausages Served with Wedges and Beans or Salad (1, 9)

**MAIN (V)**

Quorn Sausages Served with Wedges and Beans or Salad (VEGETARIAN) (1)

**DESSERT**

Iced Jam Sponge (1, 7, 9)

**TUESDAY**

**13**

**MAIN**

Katsu Curry or Vegan Vegetable Curry served with Traditional Garnishes and Accompaniments (1, 8, 10)

**DESSERT**

Caramelised Pear and Apple Cake with Custard (1, 7, 9)

**WEDNESDAY**

**14**

**MAIN**

British Roast Gammon and Pineapple served with Roast Potatoes, Seasonal Vegetables and Rich Gravy

**MAIN (V)**

Vegan Stuffed Peppers served with Roast Potatoes and Seasonal Vegetables (9)

**DESSERT**

Toffee Sponge and Sauce (1, 7, 9)

**THURSDAY**

**15**

**MAIN**

Macaroni Cheese with Garlic Bread (1, 9, 11)

**MAIN (V)**

Sweet Chilli Roasted Vegetables served with Rice and Sweetcorn (VEGAN)

**DESSERT**

Lemon Drizzle Cake (1, 7, 9)

**FRIDAY**

**16**

**MAIN**

Pepperoni Pizza served with Chips, Beans or Chef's Salad (1, 8, 9)

**MAIN (V)**

Margherita Pizza served with Chips, Beans or Chef's Salad (VEGETARIAN)

**DESSERT**

Choice of Home Bakes or Dessert Pots (1, 7, 8, 9)

WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREERANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

INDEPENDENTCATERING.CO.UK  
EDUCATERLIMITED.COM



# WEEK 3 | 19<sup>th</sup> – 23<sup>rd</sup> January

## MENU

**MONDAY**

**19**

**MAIN**

Beef Bolognese Pasta served with Garden Salad (1)

**MAIN (V)**

Mushroom and Garlic Risotto served with Peas and a Choice of Salad (VEGAN)

**DESSERT**

Vanilla Sponge with Orange Icing (1, 7)

**TUESDAY**

**20**

**MAIN**

Our Specialty Curries with a choice of Vegetable, Meat and Vegan Dishes served with Traditional Garnishes and Accompaniments (1)

**DESSERT**

Raspberry Cheesecake (1, 9)

**WEDNESDAY**

**21**

**MAIN**

Roast Beef and Yorkshire Pudding served with Herby Roast Potatoes and Seasonal Vegetables (1, 7, 9)

**MAIN (V)**

Cauliflower and Broccoli Stuffed Yorkshire Pudding (VEGETARIAN) (1, 7, 9)

**DESSERT**

Apple and Pear Crumble and Custard (1, 9)

**THURSDAY**

**22**

**MAIN**

Best British Sausages with Mashed Potatoes, Seasonal Greens and Rich Gravy (1)

**MAIN (V)**

Vegetarian Sausage with Mashed Potatoes, Seasonal Greens and Rich Gravy (VEGETARIAN) (1)

**DESSERT**

Marble Sponge with Custard (1, 7, 9)

**FRIDAY**

**23**

**MAIN**

Fish and Chips served with Baked Beans or Garden Peas (1, 4)

**MAIN (V)**

Cheddar and Caramelised Red Onion Quiche served with Chips, Baked Beans or Garden Peas (VEGETARIAN) (1, 7, 9)

**DESSERT**

Choice of Home Bakes or Dessert Pots (1, 7, 8, 9)

WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

INDEPENDENTCATERING.CO.UK  
EDUCATERLIMITED.COM

# MENU

## WEEK 4 | 26<sup>th</sup> -30<sup>th</sup> January

**MONDAY**  
**26**

- MAIN** Cheesy Pasta with Chicken and Bacon served with Mixed Salad and a Garlic Slice (1, 8, 9)
- MAIN (V)** Roasted Vegetable Wrap served with Savoury Rice and Mixed Salad (VEGETARIAN) (1)
- DESSERT** Pineapple Sponge and Cream (1, 7, 9)

**TUESDAY**  
**27**

- MAIN** Chicken Chow Mein with Vegetable Fried Rice (1, 7, 8, 9)  
Chinese Spaghetti (1, 8)
- MAIN (V)** Vegetable Spring Roll with Sweet Chilli Sauce with Vegetable Rice (VEGAN) (1, 8) Stir Fry Vegetables
- DESSERT** Chinese Sponge Cake (1, 7, 9)

**WEDNESDAY**  
**28**

- MAIN** Roast Lemon and Thyme Chicken with Crispy Roast Potatoes, Seasonal Vegetables and Rich Gravy
- MAIN (V)** Spinach and Feta Pie served with Crispy Roast Potatoes, and Salad (VEGETARIAN) (1)
- DESSERT** Iced Vanilla Sponge and Sprinkles (1, 7)

**THURSDAY**  
**29**

- MAIN** Enchilada served with Potato Wedges and Sweetcorn (1, 9)
- MAIN (V)** Vegetable Enchilada served with Potato Wedges and Sweetcorn (1, 9)
- DESSERT** Marble Cake and Chocolate Sauce (1, 7, 9)

**FRIDAY**  
**30**

- MAIN** BBQ Chicken Burger served with Chips, Beans or Chef's Slaw (1)
- MAIN (V)** Sweet Potato Chick Pea and Chilli Falafel served with Chips, Beans or Chef's Slaw (VEGETARIAN) (7)
- DESSERT** Choice of Home Bakes or Dessert Pots (1, 7, 8, 9)

WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREERANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

INDEPENDENTCATERING.CO.UK  
EDUCATERLIMITED.COM

# WEEK 5 | 2<sup>nd</sup> – 6<sup>th</sup> February

## MENU

**MONDAY**

**2**

**MAIN**

Beef Pasta Bake with a Cheese Topping served with Garlic Slice and Chef's' Salad (1, 8, 9)

**MAIN (V)**

Vegan Roasted Vegetable Pasta Bake served with Garlic Slice and Fresh Salad (VEGAN) (1, 8, 9)

**DESSERT**

Fruit Crumble and Cream (8, 9)

**TUESDAY**

**3**

**MAIN**

Chicken Korma with Pilau Rice served with with Traditional Garnishes and Accompaniments

**MAIN (V)**

Vegetable Curry with Pilau Rice served with with Traditional Garnishes and Accompaniments (VEGAN)

**DESSERT**

Iced Sponge (1, 7)

**WEDNESDAY**

**4**

**MAIN**

Roast Gammon and Pineapple served with Roast Potatoes, Seasonal Vegetables and Gravy

**MAIN (V)**

Vegetable Quiche served with Roast Potatoes and Seasonal Vegetables (VEGETARIAN) (1, 7, 9)

**DESSERT**

Mixed Berry and Apple Crumble and Custard (1, 9)

**THURSDAY**

**5**

**MAIN**

BBQ Chicken with Savoury Rice and Seasonal Vegetables (1, 8)

**MAIN (V)**

Vegetable Chilli with Savoury Rice and Seasonal Vegetables (VEGETARIAN)

**DESSERT**

Vanilla Sponge with Custard (1, 7, 9)

**FRIDAY**

**6**

**MAIN**

Beef Burgers served with Chips and a Choice of Baked Beans or Slaw (1, 7)

**MAIN (V)**

Vegetable Burger served with Chips and a Choice of Baked Beans or Slaw (VEGETARIAN) (1, 7, 8)

**DESSERT**

Choice of Home Bakes or Dessert Pots (1, 7, 8, 9)

WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

INDEPENDENTCATERING.CO.UK  
EDUCATERLIMITED.COM



# WEEK 6 | 9<sup>th</sup> – 13<sup>th</sup> February

## MENU

**MONDAY**

**9**

**MAIN**

Beef Spaghetti Bolognese with Garlic Bread (1, 8, 9)

**MAIN (V)**

Vegan Bolognese with Garlic Bread (VEGAN) (1, 8, 9)

**DESSERT**

Jamaican Ginger Sponge and Syrup Sauce (1, 7)

**TUESDAY**

**10**

**MAIN**

Our Specialty Curries with a choice of Vegetable, Meat and Vegan Dishes served with Traditional Garnishes and Accompaniments (1)

**DESSERT**

Lemon Cheesecake (1, 9)

**WEDNESDAY**

**11**

**MAIN**

Thyme and Sage Roast Turkey served with Crispy Roast Potatoes, Roasted Root Vegetables, Greens and Rich Gravy

**MAIN (V)**

Roasted Pepper and Haloumi Wellington served with Crispy Roast Potatoes, Roasted Root Vegetables, Greens and Rich Gravy (VEGETARIAN) (9)

**DESSERT**

Chocolate Orange Cake (1, 7)

**THURSDAY**

**12**

**MAIN**

Three Cheese Baked Macaroni served with Chef's Slaw or Corn (1, 7, 9, 11)

**MAIN (V)**

Vegetable Quesadilla served with Chef's Slaw or Corn (VEGETARIAN) (1, 7, 9)

**DESSERT**

Apple Puff and Cream (1, 8, 9)

**FRIDAY**

**13**

**MAIN**

Pepperoni Pizza served with Chips, Beans or Salad (1, 8, 9)

**MAIN (V)**

Margherita Pizza with Fresh Basil served with Chips, Beans or Chef's Salad (VEGETARIAN) (1, 7, 8, 9)

**DESSERT**

Choice of Home Bakes or Dessert Pots (1, 7, 8, 9)

WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

INDEPENDENTCATERING.CO.UK  
EDUCATERLIMITED.COM