
















Gallions School Menu (3 choice)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Lamb & Vegetable Pie with Potato Wedges	Lamb & Vegetable Tikka Masala with Basmati Rice	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Chicken & Sweetcorn Pasta Bake	Traditional Lamb Keema with Naan Bread
Fish	Fisherman's Pie 	Fish & Vegetable Risotto 	Breaded Fish Bake with Lemon with Roast Potatoes	Wholemeal Tuna Hoagie Melt	Fish Fingers with Chips 
Vegetarian	Chick Pea & Potato Curry with Fruity Peshwari Bread	Vegetarian Lasagne	Cheese & Leek Quiche with Roast Potatoes	Cheese & Tomato Pizza	Quorn Chilli Dog with Chips 
Vegetable Choice	Mini Corn on the Cob Mixed Vegetables	Fresh Cauliflower Garden Peas	Organic Carrots Fresh Cabbage 	Sweetcorn Fresh Broccoli	Garden Peas Baked Beans
Dessert	Fresh Fruit Platter	Apricot Flapjack 	Rice Pudding with Peaches 	Fresh Fruit Platter	Fresh Fruit in Jelly & Ice Cream
Daily Options	Fresh Fruit Platter / Organic Fruit Yoghurt  Cheese & Biscuits / Homemade Bread				








Menu from 29th October 2018 to 5th April 2019

Gallions School Menu (3 choice)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	BBQ Chicken with Rice	Spaghetti Bolognese	Roast Lamb with Yorkshire Pudding with Roast Potatoes and Gravy	Chicken & Vegetable Jolloff Rice	Minced Beef & Vegetable Pie with Jacket Wedges
Fish	Jacket Potato with Tuna & Sweetcorn	Cod In Cheese Sauce & New Potatoes 	Tuna & Sweetcorn Pizza	Fish Fingers in Bun with Salad 	Breaded Fish & Lemon Slice with Jacket Wedges 
Vegetarian	Wholemeal Winter Crumble with Mashed Potatoes	Veggie Quesadilla	Quorn & Sweet Potato Curry with Rice 	Roast Vegetable Pasta Bake	Vegetable & Lentil Curry with Rice
Vegetable Choice	Fresh Cauliflower Mixed Vegetables	Sweetcorn Fresh Broccoli	Organic Carrots Garden Peas 	Mini Corn on the Cob Roasted Peppers	Garden Peas Baked Beans
Dessert	Chocolate & Mandarin Mousse	Fresh Fruit Platter	Tropical Fruit Slice 	Fresh Fruit Platter	Fresh Fruit Salad with Ice Cream
Daily Options	Fresh Fruit Platter / Organic Fruit Yoghurt  / Cheese & Biscuits / Homemade Bread				

Menu from 29th October 2018 to 5th April 2019

Gallions School Menu (3 choice)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Chicken & Vegetable Curry with Rice	Shepherd's Pie	Roast Chicken & Yorkshire Pudding with Roast Potatoes and Gravy	Lasagne	Jerk Chicken* with Chips or Rice*
Fish	Tuna Pasta Bake	Fisherman's Pie 	Herb & Lemon Crunchy Crusted Cod with Roast Potatoes 	Fish in Creamy Coconut Curry with Basmati Rice 	Fish Fillet in Batter with Chips 
Vegetarian	Spanish Omelette with Baguette Slice	Vegetable Samosa with Rice, Dhal & Raita	Quorn  Sausage Toad in the Hole with Roast Potatoes	Veggie Burger in a Wholemeal Bun with Salad	Vegetarian Chill with Chips or Rice*
Vegetable Choice	Garden Peas Roasted Vegetables	Sweetcorn Green Beans	Organic Carrots Cauliflower 	Country Vegetables Garden Peas	Baked Beans Caribbean 'Slaw
Dessert	Fresh Fruit Platter	Chocolate & Orange Sponge with Chocolate Sauce	Scotch Pancakes with Fruit & Ice Cream	Fresh Fruit Platter	Fruit Trifle
Daily Options	Fresh Fruit Platter / Organic Fruit Yoghurt  / Cheese & Biscuits / Homemade Bread				

Menu from 29th October 2018 to 5th April 2019