

# GAYHURST COMMUNITY SCHOOL

## WEEKLY MEAL PLAN

### MONDAY

VEGETARIAN LASAGNE  
SWEETCORN  
FIG & ANISE BREAD  
SALAD WITH CHERRY TOMATOES & EGGS

### TUESDAY

JACKET POTATOES  
WITH BOLOGNESE OR SHAKSHUKA SAUCE  
HONEY CARROTS  
TURKISH BREAD  
PICKLES

### WEDNESDAY

PROVENÇAL CHICKEN OR FALAFEL  
WITH JOLLOF RICE  
GINGER PEAS  
SPELT SODA BREAD  
COLESLAW

### THURSDAY

PASTA ALLA PRIMAVERA  
BROCCOLI  
CHEESE STRAWS  
DIPS & CRUDITÉS

### FRIDAY

FISH IN TOMATO SAUCE WITH MALTESE  
POTATOES OR VEGETARIAN GYOZA  
GREEN BEANS & RED ONIONS  
FOCACCIA  
TAPAS

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### DESSERTS

The School Food Plan states that desserts are allowed at lunchtime and that they must not contain any confectionery. Desserts can be a way to include more nutrients in a meal, for example yoghurt or fruit-based desserts.