The Good Shepherd Trust- Autumn Winter Menu 2024 2025		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK ONE	Option 1	NEW Tomato & Vegetable Pasta 🔶	Beef Burger with Homemade Potato Wedges	BBQ Chicken or Quorn	Pasta Beef Bolognaise 👀	Fishfingers with Chips & Tomato Sauce	
04/11 25/11 16/12 20/01	Option 2	Mexican Fajitas with Rice	NEW Creamy Chickpea and Coconut Curry with Rice	with Diced Seasoned Potatoes & Sweetcorn Salsa	NEW Cheese and Broccoli Pasta with Garlic Bread	Mexican Bean Roll with Chips & Tomato Sauce	
10/02 10/03	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day Fruit Platter	Vegetables of the Day Peach Cake	Vegetables of the Day Chocolate Orange Cookie	
31/03	Dessert						
WEEK TWO	Option 1	Classic Cheese and Tomato Pizza	NEW Chicken Pasta Bake with Garlic Bread	Pork Sausage and Roasted New Potatoes with Gravy	Chicken Korma with Rice	Fishfingers with Chips & Tomato Sauce	
11/11 02/12 06/01	Option 2	Or Pizza topped with Peppers With Potato Wedges	Chinese Vegetable Curry with Rice	Vegan Sausage and Roasted New Potatoes with Gravy	NEW Mild Mexican Chilli with Rice	Cheese and Tomato Quiche with Chips & Tomato Sauce	
27/01 24/02 17/03	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
17/03	Dessert	Marble Sponge Cake with Custard	Jelly with Mandarins 🔷	Fruit Medley 🔷	Carrot Cake	Oaty Cookiet 🍈	
			caribbeah				
WEEK THREE	Option 1	Macaroni Cheese	NEW Mild Caribbean Chicken	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Chicken Meatballs in Tomato Sauce with Pasta	Breaded Fish with Chips & Tomato Sauce	
18/11 09/12 13/01	Option 2	Plant Balls in Tomato Sauce with Rice	with Rice and Peas NEW Caribbean Butterbean Stew with Rice and Peas	Cottage Pie with Gravy	NEW Hot Pot Baked Bean Casserole	Cheese and Pepper Omelette with Chips & Tomato Sauce	
03/02 03/03	Sides						
24/03	Dessert	Vegetables of the Day	Vegetables of the Day Pear and Chocolate	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
MENU KEY	MENU KEY Added Plant Power Wholemeal Vegan Available Daily: Baked Jacket Potato with Toppings – Monday cheese, Tuesday baked beans,						
	Wednesday tuna mayonnaise, Thursday cheese, Friday baked beans. Bread freshly baked on site daily- Daily salad selection or possible to complete a form to ensure we have the necessary to cater for your child. We use a large variety of ingre- preparation of our meals and due to the nature of our not possible to completely remove the risk of cross c						
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