

GRK LUNCHES SPRING TERM 1 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
3 January	Bank Holiday	Inset	Spaghetti bolognese	Turkey curry with peas and rice	Fish cakes, mash and mushy peas
10 January	Macaroni cheese, peas and garlic bread	Sausage casserole	Cottage pie with carrots	Sweet and sour chicken with sweetcorn and prawn crackers	Fish finger butty with veggie sticks
17 January	Hot dogs with corn on the cob	Taco Tuesday with salad	Tomato pasta bake with garlic bread	Chicken chow mein with prawn crackers	Scampi, chips, peas and tartar sauce
24 January	Tomato soup with crust rolls	Chicken curry with peas and naan	Lasagne, carrots and garlic bread	Sausage plait with spaghetti hoops	Tuna pasta bake with peas
31 January	Sausage and mash with gravy and peas	Chinese New Year Vegetable chow mein with egg fried rice	Roast chicken dinner with seasonal veg	Chilli con carne and rice	Cod and chips with mushy peas
7 February	Tomato pasta bake with garlic bread	Jerk chicken with rice and peas	National Pizza Day Pizza wedges and veggie sticks	Roast gammon dinner with seasonal veg	Fish finger butty with veggie sticks
14 February	Spaghetti and meatballs with mixed veg	Sausage plait with spaghetti hoops	Macaroni cheese sweetcorn and garlic bread	Chicken curry with naan bread	Fishcakes with mash and mushy peas

* Please note menu may alter slightly if there are changes to the school timetable, events and visitors

* Every day a vegetarian option is offered