

AUTUMN TERM 1	Monday	Tuesday	World Wide Wednesday	Thursday	Friday
1st September		INSET	INSET	Sandwich Bar with mixed fillings, fruit, crisps, biscuits and salad on the side	Jacket Potatoes with beans, cheese, tuna and salad
7th September	MAC AND CHEESE - pasta in a rich, cheesy sauce loaded with green veggies and served with a crispy salad and crunchy garlic croutons	SAUSAGES AND POTATOES - premium pork or vegetarian sausages served with GRC's signature crispy, herbed potatoes and baked beans.	Cambodia - amok with chicken or veg, rice, noodle slaw salad	Jacket Potatoes with beans, cheese, tuna and salad	Sandwich Bar with mixed fillings, fruit, crisps, biscuits and salad on the side
14th September	ITALIAN PASTA BAKE - a protein rich tomato and lentil sauce with pasta and vegetables, topped with cheese and tomatoes served with garlic bread and salad	FAJITA CHICKEN AND COUS COUS - chicken or vegan fillets with onions and peppers cooked with cumin, garlic and paprika served with flatbreads and salad	Barbados - Bajan fish cakes, hot sauce, roti, mango salsa, salad	Jacket Potatoes with beans, cheese, tuna and salad	Sandwich Bar with mixed fillings, fruit, crisps, biscuits and salad on the side
21st September	MAC AND CHEESE - pasta in a rich, cheesy sauce loaded with green veggies and served with a crispy salad and crunchy garlic croutons	SAUSAGES AND POTATOES - premium pork or vegetarian sausages served with GRC's signature crispy, herbed potatoes and baked beans.	Denmark - frikadeller, brunede kartofler, red cabbage	Jacket Potatoes with beans, cheese, tuna and salad	Sandwich Bar with mixed fillings, fruit, crisps, biscuits and salad on the side
28th September	ITALIAN PASTA BAKE - a protein rich tomato and lentil sauce with pasta and vegetables, topped with cheese and tomatoes served with garlic bread and salad	FAJITA CHICKEN AND COUS COUS - chicken or vegan fillets with onions and peppers cooked with cumin, garlic and paprika served with flatbreads and salad	Oman - shawarma, paratha, crudites, houmous, chutneys	Jacket Potatoes with beans, cheese, tuna and salad	Sandwich Bar with mixed fillings, fruit, crisps, biscuits and salad on the side
5th October	MAC AND CHEESE - pasta in a rich, cheesy sauce loaded with green veggies and served with a crispy salad and crunchy garlic croutons	SAUSAGES AND POTATOES - premium pork or vegetarian sausages served with GRC's signature crispy, herbed potatoes and baked beans.	Netherlands - hachee with chicken or veg, root veg mash	Jacket Potatoes with beans, cheese, tuna and salad	Sandwich Bar with mixed fillings, fruit, crisps, biscuits and salad on the side
12th October	ITALIAN PASTA BAKE - a protein rich tomato and lentil sauce with pasta and vegetables, topped with cheese and tomatoes served with garlic bread and salad	FAJITA CHICKEN AND COUS COUS - chicken or vegan fillets with onions and peppers cooked with cumin, garlic and paprika served with flatbreads and salad	Bangladesh - biryani with meat or veg, paratha, carrot salad	Jacket Potatoes with beans, cheese, tuna and salad	Sandwich Bar with mixed fillings, fruit, crisps, biscuits and salad on the side
* Please note menu may alter slightly if there are changes to the school timetable, events and visitors			* Every day a vegetarian option is offered		
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