



MENU

Week Three • GFM

November 13, December 4, January 8, January 29, February 26,
March 18,

Monday

Red option: Creamy chicken curry served with rice

Green option: Vegetable & bean chilli served with
rice

Tuesday

Red option: Chicken pasta in tomato sauce with
cheese

Green option: Quorn sausage pasta in tomato sauce
with cheese

Wednesday

Red option: Hunters chicken, chicken topped with
BBQ sauce, cheddar cheese and served with oven
chips and salad

Green option: Cheese & tomato Pizza, served with
oven chips and salad

Thursday

Red option: Roast pork, served with stuffing, roast
potatoes, vegetables and gravy

Green option: Roast Quorn, served with roast
potatoes, stuffing vegetables and gravy

Friday

Red option: battered cod fillet, chips and peas

Green option: Vegan Quorn fishless fingers, served
with chips and peas

Jacket potatoes are served daily, cheese, beans or tuna
mayonnaise

