

Gomer Junior School Week One Menu

Week commencing 15th April, 6th May, 3rd June, 24th June, 15th July 2024

Mindful Meat Free Monday

Red option

Tomato penne pasta served with garlic bread

Green option

Vegan nuggets, served with vegetables and crispy potatoes

Thinking Tuesday

Red option

Beef & vegetable chilli served with nachos

Green option

Three cheese Quiche served with vegetables and mini jacket potato

Wonderful Wednesday

Red option

BBQ Cheese & ham pizza, served with oven-baked chips

Green option

Creamy vegetable curry served with mixed white and brown rice

Traditional Thursday

Red option

Pork sausage roast dinner, served with roast potatoes, vegetables and gravy

Green option

Roast Quorn fillet, served with roast potatoes, vegetables and gravy

Fun Friday

Red option

Fish fingers, served with green peas or baked beans and oven-baked chips

Green option

Vegetable fingers, served with green peas/baked beans and oven-baked chips

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