

THE GOWER SCHOOL

Winter menu Week 1

Day	Lunch	Dessert	Tea
Monday	Spaghetti with fresh pesto sauce and grated cheese	Plum sponge and yoghurt	Wholemeal rolls with cheese or egg mayonnaise served with carrot and cucumber sticks
Tuesday	Mild vegetable and lentil curry with basmati rice and cucumber relish	Apricot and sultana flapjacks with fresh cream	Beans on toast
Wednesday	Vegetable fingers and roast potatoes with mixed bean casserole	Vanilla custard with apricot puree	Vegetable, split pea and lentil soup
Thursday	Vegetable lasagne served with sweetcorn	Fresh fruit salad and yoghurt	Sweet potato wedges with paprika served with fresh tomato sauce and carrot sticks
Friday	Vegetarian shepherds pie with garden peas	Baked apples with custard	Crumpets with scrambled egg

Fresh, seasonal fruit and vegetable purees made daily

Dairy free alternatives used wherever necessary

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Winter menu Week 2

Day	Lunch	Dessert	Tea
Monday	Penne pasta with spinach, peas and cream sauce served with sweetcorn	Apple and sultana crumble with custard	Creamy vegetable soup
Tuesday	Cauliflower, leek and cheese bake served with boiled potatoes, carrots and peas	Fruit and yoghurt layered crunch	Omelette with toast fingers and roasted tomatoes
Wednesday	Savoury soya mince casserole with rice	Sultana and cinnamon stewed apples	Potato and chive salad or carrot and orange salad with wholemeal bread
Thursday	Mixed bean burritos with sour cream and a mixed salad	Fresh fruit salad with honey yoghurt	Tomato and basil pasta
Friday	Mixed herb cous cous served with roasted vegetables	Creamed rice with peaches	Spiced savoury rice with grated cheese

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Winter menu Week 3

Day	Lunch	Dessert	Tea
Monday	Macaroni cheese bake	Pineapple crumble with custard	Toasted pitta bread with houmous, cream cheese and crudités
Tuesday	Potato and onion pie with sweetcorn and garden peas	Fresh fruit salad with honey yoghurt	Potato and leek soup
Wednesday	Rice and vegetable tian with buttered new potatoes	Plums and custard	Chinese style noodles with mixed vegetables
Thursday	Minestrone soup with toast with garlic pizza bread	Fruit jelly	Baked potatoes with cheese and beans
Friday	Mixed vegetable risotto with a dressed green salad	Apple cake and fresh cream	Houmous, cream cheese and marmite sandwiches

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