

Brighton GDST

Spring Menu – Week 1

Pea and Mint Soup	Broccoli Soup	Vegetable soup	Curried parsnip, lentil and apple soup	Creamed sweetcorn soup
MEAT FREE MONDAY	Barbequed Pulled Pork	Roast Pork with apple sauce	Chicken, chorizo and cannelloni bean stew	Breaded pollock fillet Gluten free pollock fillet
Bean and Vegetable Chilli	Chinese Veggie Noodles	Squash, spinach & mushroom Wellington	Creamy vegetable pie with a cheesy pastry top	Macaroni Cheese
Baked Tortilla Bites	Roasted new potatoes with rosemary and garlic	Roast potatoes	Mashed potato	Chips
Salsa, Sour Cream & Smashed Avocado	Oriental vegetables	Cabbage	Sweetcorn	Baked beans
Persian Herbed Rice	Spring Rolls	Honey roasted parsnips	Green Beans	Garden peas
Broccoli	Wholegrain & White Rice	Gravy	Pasta Bar	Tartare Sauce
Jacket potato Bar	Jacket potato and Pasta Bar	Jacket potato Bar	Thai noodle salad	Curry Sauce
Pesto Pasta Salad	Spicy tomato couscous salad	Potato Salad	Puy lentil salad	Jacket potato Bar
Beetroot, Carrot & Apple Salad	Classic Greek Salad	Baby spinach leaves	Sticky toffee pudding with toffee sauce and custard	Mixed bean salad
Lemon drizzle cake with custard	PANCAKE DAY	Pasta & fries courgette salad		Tomato, red onion and green lentil salad
		Chocolate fudge cake		Apple and berry crumble with custard

Salad Items: Tomatoes, Plain cucumber, Plain beetroot, Herb leaf salad sweetcorn, vinaigrette, fresh croutons, sunflower seeds & olive oil with lemon juice and black pepper

Dessert Option 2: Yoghurt, Jelly and Fresh Fruit will be served every day

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Spring Menu — Week 2

Courgette and pea soup (With nut free pesto)	Spiced chickpea and coconut soup	Spiced cauliflower soup	Vegetable soup	Carrot and coriander soup
<i>MEAT FREE MONDAY</i>	Mexican chicken Quesadilla	Lemon roasted chicken	Japanese chicken Katsu	Breaded pollock fillet Gluten free pollock fillet
Veggie Spaghetti Bolognese	Mexican veggie Burrito	Roasted vegetable crumble	Southern fried Quorn escalope	Cheese & Tomato pizza
Aubergine parmigiana	Mexican Yellow rice	Sage & onion stuffing	Basmati rice	Chips
Broccoli	Paprika roasted cauliflower	Gluten free gravy	Carrot batons	Baked beans
Garlic bread	Pickled red cabbage	Roast potatoes	Pasta bar	Garden peas
Jacket potato bar	Hummus	Roasted root vegetables	Tomato, red onion and green lentil salad	Tartare sauce & Lemon wedges
Roasted pepper, onion, aubergine, courgette and pasta salad	Minted cucumber and yoghurt dressing	Cabbage	Chargrilled cauliflower with tomato, dill and caper salad	Curry sauce
Mixed bean salad	Pasta Bar	Jacket potato bar	Mixed bean salad	Jacket potato bar
Chocolate Brownie	Mixed bean salad	Mixed bean salad	Mixed bean salad	Celeriac remoulade
	Caesar salad	Crushed pea, mint & charred courgette bulgur wheat salad	Marble cake with chocolate sauce	Couscous salad
	Banana loaf cake with whipped cream	Pear upside down cake with custard		Coleslaw
				Orange, sultana and carrot cake slice

Salad Items: Tomatoes, Plain cucumber, Plain beetroot, Herb leaf salad
sweetcorn, vinaigrette, fresh croutons, sunflower seeds & olive oil with lemon juice and black pepper

Dessert Option 2: Yoghurt, Jelly and Fresh Fruit will be served every day

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Spring Menu – Week 3

Pea soup	Sweet potato and carrot soup	Creamed sweetcorn soup	Tomato and Mediterranean Vegetable soup	Broccoli soup
MEAT FREE MONDAY	Traditional Beef lasagne	Honey roast Gammon	Creamy chicken curry	Breaded pollock fillet Gluten free pollock fillet
Vegetarian sausages	Mediterranean vegetable lasagne	Sweet potato and chickpea roast	Mild vegetable curry	Pesto Pasta
Creamy mash potato	Herby garlic bread	Roast potatoes	50/50 Rice	Herby tomato pasta
Cabbage with apple	Broccoli	Braised red cabbage	Poppadom	Chips
Garden peas	Sweetcorn	Smashed roasted root vegetables	Onion bhaji	Tartare Sauce & Lemon Wedges
Gravy	Jacket and Pasta bar	Gluten free gravy	Mango chutney	Baked beans
Jacket potato bar	Minted Couscous, pea and spring onion salad	Yorkshire pudding	Broccoli	Garden peas
Puy lentil salad	Grated carrot and sultana salad	Jacket potato bar	Sweetcorn	Jacket bar
Rocket, spinach and Italian cheese salad	Mixed leaf salad	Potato salad	Jacket and pasta bar	Mixed bean salad
Orange drizzle cake with custard	Homemade chocolate brownie	Butterbeans with sweet chilli and fresh herb salad	Braised Puy lentils with tomatoes and red onion salad	Chargrilled cauliflower, tomato, dill and caper salad
		Mediterranean bulgur wheat	Chocolate sponge with chocolate sauce	Celeriac and apple slaw with minted yoghurt
		Gingerbread cake with custard		Rocky Road Traybake

Salad Items: Tomatoes, Plain cucumber, Plain beetroot, Herb leaf salad
sweetcorn, vinaigrette, fresh croutons, sunflower seeds & olive oil with lemon juice and black pepper

Dessert Option 2: Yoghurt, Jelly and Fresh Fruit will be served every day