

# Galileo Multi Academy Trust Menu **06.05.24; 03.06.24; 24.06.24; 15.07.24**

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN CHOICES</b>	Oven Baked Sausages (CG, SD) & Gravy Vegan Quorn Sausages (CG)	Savoury Mince & Dumpling (CG, may S) Mashed Potatoes	Meat Feast Pizza Slice (CG, M, S) V Pizza Slice (CG, M)	Roast Pork & Yorkshire pudding (CG, E, M) & Gravy	Fish in Crispy Batter (CG, F, M)
	Ham & Cheese Pasta (CG, M)	Chicken & Rice Enchilada (CG, M) V Vegetarian available	Chicken & Rice Pasta (CG) V Chunky Tomato Pasta (CG)	Cheese & Tomato Panini (CG, M may SS)	Chicken Nuggets (CG) V Veggie Nuggets (CG)
<b>POTATOES &amp; VEGETABLES</b>	Herby Potatoes Fresh Carrots Broccoli	Peas Sweetcorn	Potato Wedges (may CG) Mixed Salad Coleslaw (E, M)	Roast Potatoes Fresh Carrots Fresh Cabbage	Chipped Potatoes Mushy Peas Baked Beans
	Fresh Garden Salad and homemade Coleslaw as an alternative to vegetables				
	Baked Potatoes including Cheese, Baked Beans, Tuna - Sandwiches made fresh on site, including Ham, Cheese, Tuna, Hardboiled Egg				
	Salads – crisp and fresh, including lettuce, carrot, peppers, spinach, tomato, cucumber, plus Ham, Cheese, Tuna, Hardboiled Egg				
<b>DESSERT</b>	V Apple Flapjack (may CG)	Jam & Coconut Cake (CG, E, M, S)	Chocolate Slab (CG)	Syrup & Sultana Sponge (CG, E, M, S) & Custard (M)	Iced Biscuit (CG)
	Fresh Cut Fruit and Yoghurts				
<b>ALSO AVAILABLE DAILY - Freshly baked Crusty Bread &amp; Sliced Whole meal Bread - Veggie Sticks including Carrot, Cucumber, Celery, Red Pepper</b>					
<b>SPECIAL DIET REQUIREMENTS - Please speak to our Catering Manager regarding your specific dietary needs</b>					



## FOOD ALLERGIES AND INTOLERANCES

Before choosing your meal, please speak to a member of the catering staff about your requirements

Celery C, Cereals containing Gluten CG  
Crustaceans C, Eggs E, Fish F, Lupin L  
Milk M, Molluscs M, Mustard M, Nuts N  
Peanuts P, Sesame Seeds SS, Soya S  
Sulphur Dioxide SD  
Vegan V Vegetarian  
V Healthier Option  
Contains Wholewheat/Wholegrain



# Galileo Multi Academy Trust Menu *wc 13.05.24; 10.06.24; 01.07.24; 22.07.24*

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN CHOICES</b>	<ul style="list-style-type: none"> <li>♥ Pasta Bolognese (CG)</li> <li>Freshly baked Sausage Roll (CG, M, S)</li> <li>♣ Vegan sausage Roll available (CG, S)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Veggie Quiche (CG, E, M)</li> <li>Butchers Burger (CG, S, SD)</li> <li>in a Bun (CG)</li> <li>Homemade Ketchup</li> </ul>	<ul style="list-style-type: none"> <li>Ham &amp; Cheese Pizza Slice (CG, M, may S)</li> <li>✓ Pizza Slice (CG, M)</li> <li>♥ ♣ Simple Tomato Pasta (CG)</li> </ul>	<ul style="list-style-type: none"> <li>♥ Roast Turkey</li> <li>Yorkshire Pudding (CG, E, M)</li> <li>Gravy</li> <li>Mash Potatoes</li> <li>✓ Veggie Lasagne (CG, M)</li> <li>Baguette Garlic Bread (CG)</li> </ul>	<ul style="list-style-type: none"> <li>Fish Fingers (CG, F)</li> <li>♣ Veggie Nuggets (CG)</li> </ul>
<b>POTATOES &amp; VEGETABLES</b>	<ul style="list-style-type: none"> <li>Potato Cubes (may CG)</li> <li>Baked Beans</li> <li>Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>Potato Wedges (may CG)</li> <li>Broccoli</li> <li>Sliced Salad</li> </ul>	<ul style="list-style-type: none"> <li>Roast Potatoes</li> <li>Coleslaw (E, may M)</li> <li>Rainbow Salad</li> </ul>	<ul style="list-style-type: none"> <li>Mashed Fresh Turnip</li> <li>Fresh Carrots</li> </ul>	<ul style="list-style-type: none"> <li>Chipped Potatoes</li> <li>Baked Beans</li> <li>Garden Peas</li> </ul>
<b>DESSERT</b>	<ul style="list-style-type: none"> <li>♣ Multi-coloured Sprinkle Cake (CG, E, M, S)</li> </ul>	<ul style="list-style-type: none"> <li>♣ Apple Crumble (CG) &amp; Custard (M)</li> </ul>	<ul style="list-style-type: none"> <li>♣ Flapjack (may CG)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Iced Chocolate Brownie (CG, E, M)</li> </ul>	<ul style="list-style-type: none"> <li>♣ Fruity Oat Cookie (CG)</li> </ul>
<p>Salads – crisp and fresh, including lettuce, carrot, peppers, spinach, tomato, cucumber, plus Ham, Cheese, Tuna, Hardboiled Egg</p> <p>Fresh Garden Salad and homemade Coleslaw as an alternative to vegetables</p> <p>Baked Potatoes including Cheese, Baked Beans, Tuna - Sandwiches made fresh on site, including Ham, Cheese, Tuna</p> <p>Fresh Cut Fruit and Yoghurts</p>					
<p><b>ALSO AVAILABLE DAILY</b> - Freshly baked Crusty Bread &amp; Sliced Whole meal Bread - Veggie Sticks including Carrot, Cucumber, Celery, Red Pepper</p> <p><b>SPECIAL DIET REQUIREMENTS</b> - Please speak to our Catering Manager regarding your specific dietary needs</p>					



## FOOD ALLERGIES AND INTOLERANCES

Before choosing your meal, please speak to a member of the catering staff about your requirements

Celery **C**, Cereals containing Gluten **CG**  
 Crustaceans **C**, Eggs **E**, Fish **F**, Lupin **L**  
 Milk **M**, Molluscs **M**, Mustard **M**, Nuts **N**  
 Peanuts **P**, Sesame Seeds **SS**, Soya **S**  
 Sulphur Dioxide **SD**

♥ Healthier Option

♣ Vegan ✓ Vegetarian

♣ Contains Wholewheat/Wholegrain

# Galileo Multi Academy Trust Menu wc 20.05.24; 17.06.24; 08.07.24

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN CHOICES</b>	♥ Chinese Style Chicken Curry & Rice (CG, M)  V Mac 'n' Cheese (CG, M)	♥ Chicken Casserole (CG)  Ham & Cheese Baguette Melt (CG, M) V Cheese Baguette Melt (CG, M)	Pepperoni Pizza Slice (CG, M, S) V Pizza Slice (CG, M)  ♥ Tuna Pasta (CG, F)	Toad in the Hole (CG, F, M, SD) & Gravy  Corned Beef Pie (CG) Gravy available	Fish Fingers (CG, F)  V Quorn Dippers (CG)
<b>POTATOES &amp; VEGETABLES</b>	Potato Wedges (may CG) Mixed Salad Broccoli	Herby Diced Potatoes (may CG) Sweetcorn Fresh Carrots	Roast Potatoes Baked Beans Coleslaw (F, M)	Mashed Potato Fresh Carrots Green Beans	Chipped Potatoes Garden Peas Baked Beans
<b>DESSERT</b>	Fruit Jelly & Ice Cream (M)	V Chocolate Crispy Slice (may CG, M)	V Sticky Toffee Pudding (CG, F, M) & Custard (M)	V Parsnip & Coconut Flapjack (may CG)	V Funfetti Biscuit (CG)

Fresh Garden Salad and homemade Coleslaw as an alternative to vegetables

Baked Potatoes including Cheese, Baked Beans, Tuna - Sandwiches made fresh on site, including Ham, Cheese, Tuna, Hardboiled Egg  
Salads – crisp and fresh, including lettuce, carrot, peppers, spinach, tomato, cucumber, plus Ham, Cheese, Tuna, Hardboiled Egg

Fresh Cut Fruit and Yoghurts

**ALSO AVAILABLE DAILY** - Freshly baked Crusty Bread & Sliced Whole meal Bread - Veggie Sticks including Carrot, Cucumber, Celery, Red Pepper  
**SPECIAL DIET REQUIREMENTS** - Please speak to our Catering Manager regarding your specific dietary needs

### FOOD ALLERGIES AND INTOLERANCES

Before choosing your meal, please speak to a member of the catering staff about your requirements

Celery **C**, Cereals containing Gluten **CG**  
Crustaceans **C**, Eggs **E**, Fish **F**, Lupin **L**  
Milk **M**, Molluscs **M**, Mustard **M**, Nuts **N**  
Peanuts **P**, Sesame Seeds **SS**, Soya **S**  
Sulphur Dioxide **SD**

♥ Healthier Option

🌿 Vegan V Vegetarian

✦ Contains Wholewheat/Wholegrain

