

ALLERGY INFORMATION: If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

Silver Menu Autumn 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 02/09/2019 23/09/2019 14/10/2019 11/11/2019 02/12/2019	Main	Chicken Pasta bake	Sausages & Mash	Roast Chicken and Stuffing with Roast Potatoes and Gravy	Cheese and Tomato Pizza	MSC Fishfingers/ Salmon Fishfingers with Chips
	Vegetarian	Quorn Sausage with Potato Wedges	Five Bean Chilli with 50/ 50 Rice	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Vegetable cottage Pie with Gravy	Spinach & Tomato Quiche with Chips
	Jacket pot	Jacket Potato (Various Fillings)	Jacket Potato (Various Fillings)	Jacket Potato (Various Fillings)	Jacket Potato (Various Fillings)	Jacket Potato (Various Fillings)
		Peas Coleslaw	Broccoli Sweetcorn	Cauliflower Carrot	Savoy Cabbage Sweetcorn	Baked Beans Peas
	Dessert	Pear sponge & custard	Iced Sponge	Chocolate Shortbread	Apple Crumble with Custard	Apple, Cheese and Biscuits Fruit and Yoghurt
Week 2 09/09/2019 30/09/2019 21/10/2019 18/11/2019 09/12/2019	Main	Chicken Tagine with Couscous	Cottage Pie with Gravy	Roast Gammon with Roast Potatoes and Gravy	Roasted Vegetable Pizza	MSC Fish in breadcrumbs with Chips
	Vegetarian	Vegetable Tagine with Couscous	Vegetarian Quorn Spaghetti Bolognese	Vegetarian Wellington with Roast Potatoes and Gravy	Macaroni Cheese Jacket Potato (Various Fillings)	Red Pepper Frittata
	Jacket pot	Jacket Potato (Various Fillings)	Jacket Potato (Various Fillings)	Jacket Potato (Various Fillings)	Jacket Potato (Various Fillings)	Jacket Potato (Various Fillings)
		Carrots Green Beans	Peas Cauliflower	Cabbage Swede	Sweetcorn Green beans	Baked Beans Peas
	Dessert	Fruit Crumble with Custard	Chocolate & Beetroot Brownie	Carrot Cake	Ginger Sponge with Custard	Apple, Cheese and Biscuits Fruit and Yoghurt
Week 3 16/09/2019 07/10/2019 04/11/2019 25/11/2019 16/12/2019	Main	Spaghetti Bolognese with Garlic Bread	Chicken, Pie with Mashed Potato	Roast Pork with Roast Potatoes and Gravy	Cheese and Pepper Pizza	MSC Fish in Breadcrumbs with Chips r with Chips
	Vegetarian	Bean & Lentil Burger with New Potatoes	Roasted Cauliflower Curry with Rice	Quorn Filet with Roast Potatoes and Gravy	Cheese & Pepper Whirl	Vegetable Pasta Bake
	Jacket Pot	Jacket Potato (Various Fillings)	Jacket Potato (Various Fillings)	Jacket Potato (Various Fillings)	Jacket Potato (Various Fillings)	Jacket Potato (Various Fillings)
		Peas Carrot & beetroot Slaw	Sweetcorn Green beans	Carrots Broccoli	Sweetcorn Savoy cabbage	Baked Beans Peas
		Fruit Strudel with Custard	Apple Flapjack	Orange Drizzle Cake	Chocolate and Mandarin Scones with Chocolate	Apple, Cheese and Biscuits