

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.

Egg Free Silver Menu Autumn 2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 No Mayonnaise No Bread	Main	Sausage Pasta Bake	Chicken and Ginger Stir Fry with Rice (No Noodles)	Roast (as advertised) with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Salmon Fishcake/ Fishfingers with Chips
	Vegetarian	Vegetarian Butterbean Risotto	Vegetable Enchiladas with Rice		Sweet & Sour Vegetables (No Quorn) with Rice (No Noodles)	Macaroni Cheese with Garlic Slice
		Baked Tomatoes Peas	Peppers Green Beans	Carrot and Swede Mash	Sweet corn Broccoli	Baked Beans Garden Peas
	Dessert	Wholemeal Apple Crumble & Custard Yoghurt Fresh Fruit Platter	Chocolate Cocoa Cookie Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Platter	Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station
Week 2 No Mayonnaise No Bread	Main	Beef Meatballs in Tomato Sauce with Rice	Chicken and Broccoli Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Breaded Fish with Chips
	Vegetarian	Soya Mince Lasagne Jacket Wedges			Chickpea Aloo Chaat with Rice	
		(No Coleslaw) Sweet corn	Peas Carrots	Broccoli Cauliflower	Roasted Mixed Vegetables	Baked Beans Garden Peas
	Dessert	Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Chunks	Chocolate & Banana Oaty Square Yoghurt Fresh Fruit Salad	Oaty Peach Crumble with Custard Yoghurt Fresh Fruit Platter	Yoghurt and Fruit Station
Week 3 No Mayonnaise No Bread	Main		Cottage Pie with Gravy	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne (No Garlic Bread)	MSC Battered Fish with Chips
	Vegetarian	Five Bean Chilli with Rice	Shepherdess Pie	Vegetable Wellington with Roast Potatoes and Gravy		
		Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Baked Beans Garden Peas
	Dessert	Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks	Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station



Available Daily
Freshly cooked jacket potatoes with a choice of fillings (where advertised)
Daily salad selection