

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 2017

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Sausages with Mashed potatoes & Gravy	Beef Goulash with Rice	Roast Bacon loin with Roast potatoes and gravy	Chicken Tikka with Rice	MSC Salmon Fishcake with Chips
04.09.17 25.09.17 16.10.17 13.11.17 04.12.17	Vegetarian	Quorn Sausages & Mashed potatoes with Gravy	Macaroni cheese with Garlic slice	Quorn Roast with Roast Potatoes and Gravy	Creamy Vegetable Pie with Mash Potato Topping	Veggie Fajitas with Chips
		Cauliflower Peas	Carrots Green Beans	Savoy Cabbage Swede	Sweet corn Peppers	Baked Beans Garden Peas
	Dessert	Chocolate & Beetroot Brownie with custard Yoghurt Fresh Fruit Platter	Apple & Raisin Flapjack Yoghurt Fresh Fruit Salad	Chees, Apple and Biscuits Yoghurt Fresh Fruit Platter	Wholemeal Peach Crumble with Custard Yoghurt Fresh Fruit Salad	Iced Bun Yoghurt Fresh Fruit Chunks
Week 2	Main	Beef Burger in a bun with jacket wedges	Cajun spiced chicken with Rice	Roast Turkey with stuffing Roast potatoes and Gravy	Spaghetti Beef Bolognese	MSC Fish Fingers with Chips
11.09.17 02.10.17 31.10.17 20.11.17 11.12.17	Vegetarian	Bean & Vegetable Hotpot with wedges Coleslaw Sweet corn	Cheese & Pepper Whirl with Herby Diced Potatoes	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Lentil and sweet potato curry with Rice	Cheese & Tomato Quiche with Chips
		Vanilla Shortbread Yoghurt Fresh Fruit Platter	Wholemeal Banana Loaf Yoghurt Fresh Fruit Chunks	Carrots Courgettes	Roasted Mixed Vegetables	Baked Beans Garden Peas
	Dessert	Vanilla Shortbread Yoghurt Fresh Fruit Platter	Wholemeal Banana Loaf Yoghurt Fresh Fruit Chunks	Trifle Yoghurt Fresh Fruit Salad	Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Pear & Ginger Muffin Yoghurt Fresh Fruit Chunks
Week 3	Main	Ham Pizza with Jacket Wedges	Lamb Shepherds Pie with boiled Potatoes and gravy	Roast Chicken with Stuffing Roast Potatoes and Gravy	Beef Lasagne	MSC Breaded or Battered Fish with Chips
18.09.17 09.10.17 06.11.17 27.11.17 18.12.17	Vegetarian	Cheese Pizza with Jacket Wedges	Vegetarian Shepherds Pie with boiled Potatoes and gravy	Vegetable Wellington with Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Veggie Burger in a bun with chips
		Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Garden Peas Baked Beans
	Dessert	Pear Sponge with Custard Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Jelly and cream Yoghurt Fresh Fruit Chunks	Mixed fruit crumble with custard Yoghurt	Chocolate Cocoa Cookies Yoghurt

Available Daily
Freshly cooked jacket potatoes with a choice of fillings (where advertised)
Bread freshly baked on site daily
Daily salad selection
Fresh fruit and yoghurt

