

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 2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Sausage Pasta Bake	Chicken and Ginger Stir Fry with Noodles	Roast (as advertised) with Gravy	Chicken Paella	MSC Salmon Fishcake/ Fish fingers
	Vegetarian	Vegetarian Sausage Pasta Bake	Quorn Chow Mein with Noodles	Vegetable Enchiladas	Lentil and sweet Potato Curry with Rice	Potato and Courgette Layer Bake
	03-Sep	Baked Tomatoes Peas	Peppers Green Beans	Carrot and Swede Mash Roast Potatoes or Rice	Sweet corn Broccoli	Baked Beans Garden Peas Chips or Garlic Slice
	24-Sep					
	15-Oct	Wholemeal Apple Crumble & Custard Yoghurt Fresh Fruit Platter	Chocolate & Beetroot Cake Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Platter	Fruit Strudel with Custard Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station
12-Nov						
03-Dec						
Week 2	Main	Spaghetti Beef Bolognese	Chicken and Broccoli Pasta Bake	Roast (as advertised) with Gravy	Beef Meatballs in Tomato sauce and rice	MSC Breaded Fish with Chips
	Vegetarian	Chickpea Aloo Chat served with Rice	Broccoli Pasta Bake served with butter beans	Mixed Vegetable Loaf with Gravy	Vegetarian meat Balls in a Tomato sauce and rice	Wholemeal Cheese & Tomato Quiches served
	10-Sep	Coleslaw Sweet corn	Peas Carrots	Broccoli Cauliflower Roast Potatoes or Boiled potatoes	Roasted Mixed Vegetables	Baked Beans Garden Peas Chips or New Potatoes
	01-Oct					
	22-Oct	Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Pineapple Loaf Yoghurt Fresh Fruit Chunks	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Salad	Oaty Peach Crumble with Custard Yoghurt Fresh Fruit Platter	Yoghurt and Fruit Station
19-Nov						
10-Dec						
Week 3	Main	Wholemeal Chicken and Red Pepper Pizza with Jacket Wedges	Cottage Pie with Gravy	Roast (as advertised) with Gravy	Beef Lasagne served with Garlic Bread	MSC Battered Fish
	Vegetarian	Wholemeal Cheese & Tomato Pizza with Jacket Wedges	Vegetable & Butter Bean Cobbler	Vegetable Wellington with Gravy	Soya Mince Lasagne with Garlic Bread	Five Bean Chilli
	17-Sep	Sweet corn Mixed Peppers	Green Beans Glazed carrots Mashed Potato	Savoy Cabbage Sweetcorn Roast Potatoes or Boiled Potatoes	Broccoli Tomato Salad	Baked Beans Garden Peas Chips or Rice
	08-Oct					
	05-Nov	Mandarin Upside Down Cake served with custard Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks	Chocolate & Banana Oaty Square Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station
26-Nov						
17-Dec						

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