

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.

Spring Silver Menu 2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Chicken Chow Mein	Macaroni Pastitsio	Roast (as advertised) With Roast Potatoes and Gravy	Beef Meatballs in a Tomato Sauce with Rice	MSC Breaded Fish With Chipped Potatoes, Tomato Sauce
Week 1	Vegetarian	Potato & Courgette Layer Bake	Wholemeal Spinach & Tomato Quiche with New Potatoes	Quorn Roast With Roast Potatoes and Gravy	Macaroni Cheese with Tomato topping	Glamorgan Sausage with Chipped Potatoes
01-Jan		Sweetcorn Green Beans	Courgettes in a tomato sauce Cauliflower	Carrots Swede	Sweetcorn Mixed Pepper s	Baked Beans Garden Peas
22-Jan		Lemon and Cucumber Cake with Custard	Apple and Mixed Berry Crumble & Custard	Apple, Cheese and Biscuits	Pineapple upside down Cake with Custard	Pear & Ginger Muffin with Custard
19-Feb	Dessert					
12-Mar						
Week 2	Main	Hot Dogs with Homemade Tomato Sauce and Homemade Jacket Wedges	Wholemeal Chicken and Red Pepper Pizza with Baked Potato	Roast Turkey with Roast Potatoes & Gravy	Beef Goulash with Rice	MSC Battered Fish Chipped Potatoes, Tomato Sauce
Week 2	Vegetarian	Vegetable Wholemeal Pasta Bake	Lentil and Vegetable Curry with Rice	Cheese & Pepper Whirl with Roast Potatoes	Quorn Mince Pasta Bolognaise	Cheese and Tomato Pizza with Chipped Potatoes
08-Jan		Peas Tomato & Red Onion Slaw Green Salad	Roasted Vegetables Sweetcorn	Broccoli Sliced Carrots	Baked Tomatoes Sweet corn	Baked Beans Garden Peas
29-Jan		Pear Crumble and Custard	Banana Sponge & Custard	Chocolate Cookie with Natural Yogurt	Apple & Berry Strudel with Custard	Chocolate and Orange Brownie with Custard
26-Feb	Dessert					
19-Mar						
Week 3	Main	Beef Burger in a Bun with Potato Wedges	Turkey & Leek Pie	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack & Rice with Garlic Slice	Fish Fingers with Chipped Potatoes, Tomato Sauce
Week 3	Vegetarian	Chinese Vegetarian Spring Roll with Potato Wedges	Mixed Bean Cassoulet with Mash Potato	Vegetarian Wellington with Roast Potatoes	Chick Pea Aloo Chaat with Rice	Cheese Tomato & Spinach Frittata with Chipped Potatoes
15-Jan		Broccoli Sweetcorn	Mash Potato Cauliflower Green Beans	Shredded Cabbage Carrots	Roasted Vegetable Medley Sweetcorn	Baked Beans Garden Peas
05-Feb		Carrot & Sultana Cake with Custard	Tuti Fruity Tuesday	Jelly with a Side of Mandarins	Wholemeal Peach Crumble & Custard	Fruit Yoghurt and Shortbread
05-Mar	Dessert					
26-Mar						



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