

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 With Garlic Bread	Chicken Stir Fry with Noodles	Roast Gammon Ham with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Salmon Fishcake/ Fishfingers with Chips
03-Sep	Vegetarian	Vegetarian Risotto	Mac and Cheese with Garlic Bread	Quorn Roast with Roast Potatoes and Gravy	Sweet & Sour Vegetables with Noodles	Vegetable wraps with Chips
24-Sep						
15-Oct		Baked Tomatoes Peas	Peppers Green Beans	Swede Mash and Carrots	Sweet corn Broccoli	Baked Beans Garden Peas
12-Nov	Dessert	Apple Crumble & Custard Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Salad	Carrot and Courgette Cake & Custard Yoghurt Fresh Fruit Platter	Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Salad	Chocolate Cocoa Cookie Yoghurt and Fruit
03-Dec						
Week 2	Main	Beef Meatballs in Tomato Sauce with Rice	Chicken and Broccoli Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Chicken Curry With Rice	MSC Battered Fish with Chips
10-Sep	Vegetarian	Vegetarian Lasagne Jacket Wedges	Vegetarian Bolognaise with Spaghetti	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Mac and Cheese with Garlic Bread	Cheese & Tomato Quiche with Chips
01-Oct						
22-Oct		Coleslaw Sweet corn	Peas Carrots	Broccoli Cauliflower	Sweetcorn Roasted Mixed Vegetables	Baked Beans Garden Peas
19-Nov	Dessert	Cheese and Biscuits Yoghurt Fresh Fruit Platter	Pineapple Loaf & Custard Yoghurt Fresh Fruit Chunks	Chocolate & Banana Oaty Square Yoghurt Fresh Fruit Salad	Oaty Peach Crumble with Custard Yoghurt Fresh Fruit Platter	Vanilla shortbread biscuit Yoghurt and Fruit
10-Dec						
Week 3	Main	Chicken Pizza With Wedges	Cottage Pie with Gravy	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips
17-Sep	Vegetarian	Cheese and Tomato Pizza with wedges	Shepherdess Pie	Vegetable Wellington with Roast Potatoes and Gravy	Vegetarian Chilli with Rice	Red Pepper Frittata with Chips
08-Oct						
05-Nov		Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Baked Beans Garden Peas
26-Nov	Dessert	Mandarin Upside Down Cake & Custard Yoghurt Fresh Fruit Platter	Berry and Apple Cobbler with cream Yoghurt Fresh Fruit Salad	Flapjack Yoghurt Fresh Fruit Chunks	Yoghurt Fresh Fruit Salad	Chocolate Sponge with Chocolate Drizzle & Custard Yoghurt and Fruit
17-Dec						



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