

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.

Cornwall Menu Autumn/Spring 2019-2020

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 28 th October 18 th November 9 th December 13 th January 3 rd February 2 nd March 23 rd March	Main	Cheese Burger (or plain) with Onions (optional)	Sausage Pasta Bake	Roast Chicken and Stuffing with Roast Potatoes and Gravy	Macaroni Pastisto with Tomato Bread	MSC Fish in Batter or Fishfingers with Chips
	Vegetarian	Quorn Burger with onions (optional)	Tomato Pasta Bake	Vegetarian Wellington Stuffing with Roast Potatoes and Gravy	Macaroni Cheese with Tomato Bread	Cheese Whirls with Chips
		Pasta or Potato Wedges, Sweetcorn and Beans	Cauliflower Broccoli	Savoy Cabbage Carrots	Sweetcorn and Peppers	Baked Beans Peas
	Dessert	Orange Drizzle Cake and Custard Fresh Fruit and Yoghurt	Cheese and Biscuits Fresh Fruit and Yoghurt	Jelly and Cream Fresh Fruit and Yoghurt	Ice Cream Fresh Fruit and Yoghurt	Oaty Cookie Fresh Fruit and Yoghurt
Week 2 4 th November 25 th November 16 th December 20 th January 10 th February 9 th March	Main	Hot Dogs with Onions (optional)	BBQ Chicken with Fluffy Rice	Roast Gammon with Roast Potatoes and Gravy	Spaghetti Bolognese with Tomato Bread	MSC Fish or Fishfingers with Chips
	Vegetarian	Quorn Dogs with Onions (optional)	Macaroni Cheese and Garlic Bread	Quorn Fillet Stuffing with Roast Potatoes and Gravy	Quorn Bolognese with Tomato Bread	Quiche with Chips
		Pasta or Potato Wedges, Sweetcorn and Beans	Sweetcorn Broccoli	Carrots and Peas	Sweetcorn and Green Beans	Baked Beans Peas
	Dessert	Iced Sponge and Custard Fresh Fruit and Yoghurt	Ice Cream Fresh Fruit and Yoghurt	Jelly and Cream Fresh Fruit and Yoghurt	Carrot Cake and Custard Fresh Fruit and Yoghurt	Chocolate Shortbread Fresh Fruit and Yoghurt
Week 3 11 th November 2 nd December 6 th January 27 th January 24 th February 16 th March	Main	Chicken Pizza	Meat Balls with fluffy Rice	Roast Chicken and Stuffing with Roast Potatoes and Gravy	Sausage Roll with half Jacket Potato	MSC Fish or Fishfingers with Chips
	Vegetarian	Cheese and Tomato Pizza	Vegetable Curry with fluffy Rice	Quorn Fillet and Stuffing with Roast Potatoes and Gravy	Cheese Whirl with half Jacket Potato	Frittata with Chips
		Potato Wedges or Pasta Sweetcorn and Green Beans	Broccoli Green Beans	Carrots and Cabbage	Baked Beans and Green Beans	Baked Beans Peas
	Dessert	Chocolate and Custard Fresh Fruit and Yoghurt	Ice Cream Fresh Fruit and Yoghurt	Jelly and Cream Fresh Fruit and Yoghurt	Apple and Berry Crumble and Custard Fresh Fruit and Yoghurt	Vanilla Shortbread Fresh Fruit and Yoghurt

Available Daily
Jacket Potatoes with a choice of fillings : Baked Beans, Tuna, Cheese.
Bread freshly baked on site daily . Daily salad selection
Baguettes; choice of fillings Egg, Ham, Tuna, Cheese

