

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	Pork Sausages * with Mashed Potatoes and Gravy	Beef and Bean Fajitas * with Rice	Roast Turkey * with Roast Potatoes and Gravy	Chicken Tikka * with Rice	MSC Fish Fingers with Chips
03-Sep	Vegetarian	Sweet & Sour Quorn with Noodles	Cheese and Tomato Pizza	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Macaroni Cheese with Tomato Topping	Vegetable Enchiladas with Chips
24-Sep						
15-Oct	Dessert	Baked Tomatoes	Fresh Mixed Peppers	Carrot and Swede Mash	Carrots	Baked Beans
12-Nov		Peas	Sweetcorn	Cabbage	Broccoli	Garden Peas
03-Dec		Pears & Chocolate Crumble & Custard	Carrot and Courgette Cake & Custard	Chocolate Cocoa Cookie with Yoghurt	Fruit Salad	Yoghurt & Raisin Cake
		Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Week 2	Main	Shepherds Pie *	Beef Burger * with Wedges	Roast Pork * with Roast Potatoes and Gravy	BBQ Chicken * with Rice	MSC Fish Fingers with Chips
10-Sep	Vegetarian	Cheese and Tomato Red Pepper Pizza	Five Beans Chilli with Rice	Vegetarian Sausages with Roast Potatoes and Gravy	Vegetable Tortilla Stack with Rice	Spiced Vegetables, Soya & Chickpea Pattie with Chips
01-Oct						
22-Oct	Dessert	Roasted Mixed Vegetable	Mixed Peas & Carrots	Broccoli	Broccoli	Baked Beans
19-Nov		Sweetcorn	Green Beans	Cauliflower	Diced Swede	Garden Peas
10-Dec		Eves Pudding with Custard	Chocolate & Banana Oaty Square	Pineapple Loaf	Oaty Peach Crumble with Ice Cream	Pear & Ginger Tray Bake
		Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Week 3	Main	Lamb Lasagne *	Jamaican Rice with Beef * & Beans	Roast Chicken * with Stuffing with Roast Potatoes and Gravy	Chicken Sausage * Pasta Bake	MSC Battered Fish with Chips
17-Sep	Vegetarian	Lentil and Sweet Potato Curry	Cheese and Tomato Pizza	Vegetable Wellington with Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Wholemeal Vegetable Pasta Bake
08-Oct						
05-Nov	Dessert	Sweetcorn	Green Beans	Savoy Cabbage	Broccoli	Baked Beans
26-Nov		Fresh Mixed Peppers	Glazed Carrots	Sweetcorn & Peas	Baked Tomato	Garden Peas
17-Dec		Mandarin Upside Down Cake with Custard	Rice Pudding with Mixed Berries	Lemon Drizzle	Chocolate Sponge with Chocolate Sauce	Fruit Salad & Ice Cream
		Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Available Mon, Tues & Thurs
Freshly cooked jacket potatoes with a choice of fillings (where advertised)
Bread freshly baked on site and available daily
Daily salad selection

* On the menu indicates a Halal option is also available on that day

