

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 Spring 2019 Barrow Hedges

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 07/01 28/01 25/02 18/03	Main	Chilli Con Carne * with Rice	Sausages * with Jacket Wedges	Roast Turkey * with Stuffing, Roast Potatoes and Gravy	Chicken Chow Mein * with Noodles	MSC Fish Fingers with Chips and Tomato Sauce
	Vegetarian	Soya Mince & Vegetable Stir Fry with Noodles	Wholemeal Spinach & Tomato Quiche with Jacket Wedges	Spiced Vegetable, Chickpea and Soya Pattie with Roast Potatoes and Gravy	Vegetable Wholemeal Pasta Bake	Vegetable Enchiladas with Chips and Tomato Sauce
	Vegetables	Sweetcorn Broccoli	Baked Tomatoes Peas	Carrot Diced Swede	Sweetcorn Fresh Roasted Mixed Peppers	Baked Beans Garden Peas
	Dessert	Apple & Strawberry Strudel with Custard Yoghurt Fresh Fruit	Pineapple Loaf Yoghurt Fresh Fruit	Chocolate Shortbread Yoghurt Fresh Fruit	Pear Crumble with Custard Yoghurt Fresh Fruit	Yoghurt & Raisin Cake Yoghurt Fresh Fruit
Week 2 14/01 04/02 04/03 25/03	Main	"Meat Free Monday" Macaroni Cheese	Spaghetti Bolognese *	Roast Chicken * with Stuffing, Roast Potatoes and Gravy	Chicken & Sweetcorn Puff Pastry Pie * with New Potatoes	MSC Battered Fish with Chips and Tomato Sauce
	Vegetarian	Vegetarian Chilli with Rice	Lentil & Sweet Potato Curry with Rice	Vegetable Wellington with Roast Potatoes and Gravy	Cheese, Tomato & Fresh Mixed Peppers Pizza	Vegetarian Sausage with Chips and Tomato Sauce
	Vegetables	Broccoli Sweetcorn & Mixed Peppers	Peas Sliced Carrots	Red Cabbage Green Beans	Broccoli Sweetcorn	Baked Beans Garden Peas
	Dessert	Wholemeal Mixed Fruit Crumble with Custard Yoghurt Fresh Fruit	Banana Sponge with Custard, Yoghurt Fresh Fruit	Oaty Cookie Yoghurt Fresh Fruit	Peaches with Custard Yoghurt Fresh Fruit	Chocolate Cake with Chocolate Custard Yoghurt Fresh Fruit
Week 3 21/01 11/02 11/03 01/04	Main	Beef Burger * with Jacket Wedges	Lamb Cornish Pasty * with Mashed Potatoes	Roast Pork * with Stuffing, Roast Potatoes and Gravy	Chicken Tikka Marsala * with Rice	MSC Salmon Fish Fingers with Chips and Tomato Sauce
	Vegetarian	Vegetable & Apricot Tagine with Couscous	Cheese & Tomato Pizza	Quorn Roast with Roast Potatoes and Gravy	Vegetarian Spaghetti Bolognese	Cheese & Pepper Whirl with Chips and Tomato Sauce
	Vegetables	Sweetcorn Baked Tomatoes	Broccoli Cauliflower	Shredded Cabbage Carrots	Roasted Vegetables Green Beans	Baked Beans Garden Peas
	Dessert	Wholemeal Peach Crumble with Custard, Yoghurt Fresh Fruit	Orange & Ginger Cake, Yoghurt Fresh Fruit	Fruit Salad with Ice Cream Yoghurt Fresh Fruit	Carrot & Courgette Cake with Custard Yoghurt Fresh Fruit	Chocolate & Mandarin Brownie Yoghurt Fresh Fruit

Available Daily

Freshly cooked jacket potatoes Monday, Tuesday & Thursday with a choice of fillings (where advertised)

Bread freshly baked on site daily

Daily salad selection

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