

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 and Mash | Chicken Noodle Stir Fry | Roast Pork with Roast Potatoes and Gravy | Chicken Tikka with Rice | MSC Salmon Fishcake/ Fishfingers with Chips |
| 03-Sep | Vegetarian | Quorn Sausage and Mash | Vegetable Enchiladas with Rice | Quorn Roast with Roast Potatoes and Gravy | Macaroni Cheese with Garlic Slice | Sweet & Sour Noodles |
| 24-Sep | | | | | | |
| 15-Oct | Option 3 | Jacket Potato | Tuna Wrap | Tomato Pasta | Jacket Potato | Ham Baguette |
| 12-Nov | | Baked Tomatoes Peas | Green Beans Sweetcorn | Carrot and Swede Mash | Sweet corn Broccoli | Baked Beans Garden Peas |
| 03-Dec | Dessert | Apple Crumble & Custard Yoghurt Fresh Fruit Platter | Chocolate Cocoa Cookie Yoghurt Fresh Fruit Salad | Carrot Cake & Custard Yoghurt Fresh Fruit Platter | Strawberry Jelly Yoghurt Fresh Fruit Salad | Yoghurt and Fruit Station |
| Week 2 | Main | Beef Meatballs in Tomato Sauce with Rice | Chicken and Broccoli Pasta Bake | Roast Turkey with Roast Potatoes and Gravy | Spaghetti Beef Bolognese | MSC Breaded Fish with Chips |
| 10-Sep | Vegetarian | Soya Mince Lasagne Jacket Wedges | Quorn Mince Bolognaise with Spaghetti | Mixed Vegetable Loaf with Roast Potatoes and Gravy | Vegetable Curry | Cheese & Tomato Quiche with Chips |
| 01-Oct | | | | | | |
| 22-Oct | Option 3 | Jacket Potato | Cheese Baguette | Tomato Pasta | Jacket Potato | Egg Mayo Sandwich |
| 19-Nov | | Coleslaw Sweet corn | Peas Carrots | Broccoli Cauliflower | Roasted Mixed Vegetables | Baked Beans Garden Peas |
| 10-Dec | Dessert | Eves Pudding with Custard Yoghurt Fresh Fruit Platter | Pineapple Loaf Yoghurt Fresh Fruit Chunks | Chocolate & Banana Muffin Yoghurt Fresh Fruit Salad | Peach Crumble with Custard Yoghurt Fresh Fruit Platter | Yoghurt and Fruit Station |
| Week 3 | Main | Ham Pizza | 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 | | | | | | |
| 08-Oct | Vegetarian | Cheese & Tomato Pizza | Shepherdess Pie | Creamy Vegetable Pie | Red Pepper Frittata with New Potatoes | Quorn Burger with Chips |
| 05-Nov | | | | | | |
| 26-Nov | Option 3 | Jacket Potato | Ham Sandwich | Tomato Pasta | Jacket Potato | Cheese Wrap |
| 17-Dec | | Sweet corn Coleslaw | Green Beans Glazed carrots | Savoy Cabbage Sweetcorn | Broccoli Tomato Salad | Baked Beans Garden Peas |
| | Dessert | Mandarin Upside Down Cake Yoghurt Fresh Fruit Platter | Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad | Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks | Chocolate Sponge with Chocolate Drizzle Yoghurt Fresh Fruit Salad | Yoghurt and Fruit Station |

