

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**



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Beef Burgers in a Bun with New Potatoes	Chicken and Tomato Pasta	Roast Bacon Loin With Roast Potatoes and Gravy	Sweet and Sour Chicken with Noodles	MSC Breaded Fish with Chips and Tomato Sauce
	Vegetarian	Quorn Burger in a Bun with New Potatoes	Creamy Broccoli Pasta Bake	Cheese & Pepper Whirl with Roast Potatoes	Cheese and Tomato Pizza with Jacket Wedges	Glamorgan Sausage with Chips
	Option 3	Jacket Potato	Tuna Wrap	Jacket Potato	Ham Baguette	Jacket Potato
	Dessert	Sweetcorn Green Beans Rolled Apple & Strawberry Pie with Custard, Yoghurt and Fruit Station	Baked Tomatoes Peas Pear Crumble and Custard, Yoghurt and Fruit Station	Carrot & Swede mash Chocolate Muffin, Yoghurt and Fruit Station	Mixed Pepper s Pineapple Upside down Cake with Custard, Yoghurt and Fruit Station	Baked Beans Garden Peas Flapjack, Yoghurt and Fruit Station
Week 2	Main	Hot Dogs with Tomato Sauce and Wedges	Chicken Curry with Rice	Roast Turkey with Roast Potatoes & Gravy	Spaghetti Bolognese	MSC Battered Fish with Chips and Tomato Sauce
	Vegetarian	Veggie Hot Dog with Tomato Sauce and Wedges	Macaroni Cheese with Garlic Bread	Quorn Roast With Roast Potatoes and Gravy	Spinach & Tomato Quiche with New Potatoes	Lentil and Vegetable Curry with Rice
	Option 3	Jacket Potato	Cheese Baguette	Jacket Potato	Egg Mayonnaise Sandwich	Jacket Potato
	Dessert	Coleslaw Green Salad Iced Sponge, Yoghurt and Fruit Station	Broccoli Sliced Carrots Mixed Fruit Crumble & Custard, Yoghurt and Fruit Station	Red Cabbage Green Beans Apple, Cheese and Biscuits, Yoghurt and Fruit Station	Peppers Sweetcorn Banana Sponge & Custard, Yoghurt and Fruit Station	Baked Beans Garden Peas Chocolate Shortbread, Yoghurt and Fruit Station
Week 3	Main	BBQ Chicken Pizza with Wedges	Beef Lasagne with Garlic Bread	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Chilli with Rice	MSC Salmon Fish Fingers with Chips and Tomato Sauce
	Vegetarian	Cheese and Tomato Pizza with Wedges	Vegetable Lasagne with Garlic Bread	Quorn Toad in the Hole With Roast Potatoes and Gravy	Quorn Chilli with Rice	Cheese Tomato & Spinach Frittata with Chips
	Option 3	Jacket Potato	Cheese Wrap	Jacket Potato	Ham Baguette	Jacket Potato
	Dessert	Sweetcorn Green Beans Oaty Peach Crumble and Custard, Yoghurt and Fruit Station	Garden Peas Cauliflower Lemon & Mixed Berry Cake, Yoghurt and Fruit Station	Shredded Cabbage Carrots Vanilla Shortbread, Yoghurt and Fruit Station	Roasted Vegetable Medley Broccoli Chocolate and Beetroot brownie, Yoghurt and Fruit Station	Baked Beans Garden Peas Jelly & Ice Cream, Yoghurt and Fruit Station

