

**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.

## Spring Menu 2018

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Chicken chow mein	Macaroni cheese with minced beef	Roast pork with roast potatoes and gravy	Beef meatballs in a tomato sauce with rice	Breaded fish with chips
<b>Week 1</b>	<b>Vegetarian</b>	Potato and courgette layer bake	Wholemeal spinach and tomato quiche with new potatoes	Mixed vegetable loaf with roast potatoes and gravy	Macaroni cheese with tomato topping	Cheese and leek sausage with chips
01-Jan		Sweetcorn Green beans	Courgettes in a tomato sauce Cauliflower	Carrot and swede mash	Sweetcorn Mixed peppers	Baked beans Garden peas
22-Jan						
19-Feb						
12-Mar	<b>Dessert</b>	Fruit yoghurt and shortbread	Apple and mixed berry crumble and custard	Apple, cheese and biscuits	Pineapple upside down cake and custard	Pear and ginger muffin
<b>Week 2</b>	<b>Main</b>	Hot dogs with jacket wedges	Wholemeal chicken and red pepper pizza with baked potato	Roast turkey with roast potatoes and gravy	Beef casserole with rice	Battered fish with chips
<b>Week 2</b>	<b>Vegetarian</b>	Vegetable wholemeal pasta bake	Lentil and vegetable curry with rice	Cheese and pepper whirl with roast potatoes	Quorn mince pasta bolognaise	Cheese and tomato pizza with chips
08-Jan		Tomato and red onion slaw Green salad	Roasted vegetables	Broccoli Sliced carrots	Baked tomatoes Sweet corn	Baked beans Garden peas
29-Jan						
26-Feb						
19-Mar	<b>Dessert</b>	Pear crumble and custard	Banana sponge and custard	Chocolate cookie and natural yogurt	Apple and berry strudel and custard	Chocolate and orange brownie
<b>Week 3</b>	<b>Main</b>	Beef burger in a bun with oven baked new potatoes	Turkey and leek pie with mash potato topping	Roast chicken and stuffing with roast potatoes and gravy	Beef tortilla stack and rice with garlic slice	Fish fingers with chips
<b>Week 3</b>	<b>Vegetarian</b>	Chinese vegetarian spring roll with oven baked new potatoes	Mixed bean casserole with mash potato	Vegetarian wellington with roast potatoes	Chick pea aloo chaat with rice	Cheese tomato and spinach frittata with chips
15-Jan		Broccoli Sweetcorn	Cauliflower Green beans	Shredded cabbage Carrots	Roasted vegetable medley	Baked beans Garden peas
05-Feb						
05-Mar						
26-Mar	<b>Dessert</b>	Carrot and sultana cake and custard	Tuti fruity Tuesday	Jelly with a side of mandarins	Wholemeal peach crumble and custard	Lemon and cucumber cake



Available Daily  
Freshly cooked jacket potatoes with a choice of fillings (where advertised)  
Bread freshly baked on site daily  
Daily salad selection  
Fresh fruit and yoghurt