

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

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Chicken Chow Mein with Noodles	Spaghetti Bolognese	Roast Pork With Roast Potatoes and Gravy	Chilli Con Carne with Rice	MSC Breaded Fish With Chipped Potatoes, Tomato Sauce
	Vegetarian	Vegetable Wholemeal Pasta Bake	Wholemeal Spinach & Tomato Quiche with New Potatoes	Quorn Roast With Roast Potatoes and Gravy	Soya Mince and Vegetable Stir Fry with Noodles	Glamorgan Sausage with Chipped Potatoes
	Vegetables	Sweetcorn Green Beans	Sliced Carrots Peas	Cauliflower Swede	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
	Dessert	Apple & Sultana Sponge with Custard, Natural Flavoured Yoghurt or Fresh Fruit	Pear Crumble and Ice Cream Natural Flavoured Yoghurt or Fresh Fruit	Oaty Cookie, Natural Flavoured Yoghurt or Fresh Fruit	Pineapple Upside down Cake with Custard, Natural Flavoured Yoghurt or Fresh Fruit	Short Bread Biscuit Yoghurt and Fruit Station
Week 2	Main	Hot Dogs with Homemade Tomato Sauce and Homemade Jacket Wedges	Chicken and Sweetcorn Puff Pastry Pie with New Potatoes and Gravy	Roast Turkey with Roast Potatoes & Gravy	Beef Lasagne with Garlic Slice	MSC Battered Fish Chipped Potatoes, Tomato Sauce
	Vegetarian	Quorn Mince Vegetarian Chilli with Rice	Lentil and Vegetable Curry with Rice	Cheese & Pepper Whirl with Roast Potatoes	Quorn and Mixed Bean Cassoulet with Mash Potato	Cheese Tomato & Spinach Frittata with Chipped Potatoes
	Vegetables	Sweetcorn Peas	Broccoli Diced Swede	Sliced Carrots Green Beans	Peppers Sweetcorn	Baked Beans Garden Peas
	Dessert	Chocolate Shortbread, Natural Flavoured Yoghurt or Fresh Fruit	Banana Sponge & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Apple, Cheese and Biscuits, Natural Flavoured Yoghurt or Fresh Fruit	Wholemeal Mixed Fruit Crumble & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Apple Flap Jack Yoghurt and Fruit Station
Week 3	Main	Wholemeal BBQ Chicken Pizza with Potato Wedges	Beef and Vegetable Hotpot with Sliced Potatoes	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Meat Balls in Tomato & Herb Sauce served with Rice	MSC Salmon Fish Fingers/Fish Fingers with Chipped Potatoes, Tomato Sauce
	Vegetarian	Quorn Sausages in a Hot Dog Roll with Potato Wedges	Macaroni Cheese	Spiced Vegetable, Chickpea and Soya Pattie with Roast Potatoes and Gravy	Vegetable and Apricot Tagine with Couscous	Wholemeal Cheese and Tomato Pizza with Chipped Potatoes
	Vegetables	Sweetcorn Diced Peppers	Broccoli Carrots	Shredded Cabbage Peas	Roasted Vegetable Medley	Baked Beans Garden Peas
	Dessert	Oaty Peach Crumble and Custard, Natural Flavoured Yoghurt or Fresh Fruit	Lemon & Mixed Berry Cake, Natural Flavoured Yoghurt or Fresh Fruit	Mandarins & Ice Cream Natural Flavoured Yoghurt or Fresh Fruit	Chocolate and Mandarin Brownie, Natural Flavoured Yoghurt or Fresh Fruit	Iced Drizzle Sponge Yoghurt & Fruit Station

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