

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 Pasta Bake	Chicken and Ginger Stir Fry with Noodles	Roast Pork with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Salmon Fishcake/ Fishfingers with Chips
Vegetarian	Vegetarian Butterbean Risotto	Vegetable Enchiladas with Rice	Quorn Roast with Roast Potatoes and Gravy	Sweet & Sour Vegetables with Noodles	Macaroni Cheese with Garlic Slice
03-Sep	Baked Tomatoes	Peppers	Carrot and Swede Mash	Sweet corn	Baked Beans
24-Sep		Green Beans		Broccoli	Garden Peas
15-Oct	Wholemeal Apple Crumble & Cream	Chocolate Shortbread	Carrot and Courgette Cake	Apple & Raisin Pie with Custard	Yoghurt and Fruit Station
12-Nov	Fresh Fruit Platter	Fresh Fruit Salad	Fresh Fruit Platter	Fresh Fruit Salad	
03-Dec					
Dessert					
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
Week 2					
10-Sep					
01-Oct	Soya Mince Lasagne Jacket Wedges	Quorn Mince Bolognaisse with Spaghetti	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Chickpea Aloo Chaoth with Rice	Wholemeal Cheese & Tomato Quiche with Chips
22-Oct	Coleslaw	Peas	Broccoli	Roasted Mixed Vegetables	Baked Beans
19-Nov	Sweet corn	Carrots	Cauliflower	Oaty Peach Crumble with Custard	Garden Peas
10-Dec					
Dessert	Eves Pudding with Custard	Pineapple Loaf	Chocolate & Oaty Square	Oaty Peach Crumble with Custard	Yoghurt and Fruit Station
	Fresh Fruit Platter	Fresh Fruit Chunks	Fresh Fruit Salad	Fresh Fruit Platter	
Week 3					
Main	Wholemeal Chicken and Red Pepper Pizza	Cottage Pie with Gravy	Roast Chicken with Stuffing with	Beef Lasagne	MSC Battered Fish with Chips
17-Sep					
08-Oct	Vegetarian	Shepherdess Pie	Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Wholemeal Cheese & Tomato Pizza with Chips
05-Nov	Five Bean Chili with Rice		Vegetable Wellington with Roast Potatoes and Gravy	Broccoli	Baked Beans
26-Nov	Sweet corn	Green Beans	Savoy Cabbage	Tomato Salad	Garden Peas
17-Dec	Mixed Peppers	Glazed carrots	Sweetcorn	Chocolate Sponge with Chocolate Drizzle	Yoghurt and Fruit Station
Dessert	Mandarin Upside Down Cake	Mixed Berry Crumble and Cream	Cheese, Apple and Biscuits	Chocolate Drizzle	
	Fresh Fruit Platter	Fresh Fruit Salad	Fresh Fruit Chunks	Fresh Fruit Salad	



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