

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 2017



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 <i>Week commencing:</i> 4 th Sept. 25 th Sept. 16 th Oct. 13 th Nov. 4 th Dec.	Main	Chicken Sausages with Mash & Gravy	Shepherd's Pie with Gravy	Roast Chicken with Roast New Potatoes & Gravy	Chicken Tikka with Rice	MSC Battered Fish with Wedges
	Vegetarian	Quorn Sausages & Mash with Gravy	Sweet & Sour Vegetables with Noodles	Quorn Roast with Roast New Potatoes and Gravy	Creamy Vegetable Pie	Macaroni Cheese with Garlic Slice
		Cauliflower Peas	Carrots Green Beans	Savoy Cabbage Swede	Sweetcorn Peppers	Baked Beans Garden Peas
	Dessert	Wholemeal Plum & Vanilla Crumble with Custard	Apple & Raisin Flapjack	Carrot & Courgette Cake with Custard	Apple Pie with Custard	Lemon Drizzle Cake
Week 2 <i>Week commencing:</i> 11 th Sept. 2 nd Oct. 30 th Oct. 20 th Nov. 11 th Dec.	Main	Chicken Burger with Wedges	Chicken Neapolitan Wholemeal Pasta	Roast Turkey with Roast New Potatoes & Gravy	Spaghetti Lamb Bolognese	MSC Fish Fingers with Wedges
	Vegetarian	Vegetable Lasagne with Wedges	Lentil & Basil Pie with New Potatoes	Mixed Vegetable Loaf with Roast New Potatoes & Gravy	Lentil & Sweet Potato Curry with Rice	Cheese & Tomato Pizza with Wedges
		Coleslaw Sweetcorn	Broccoli Carrots	Carrots Courgettes	Roasted Mixed Vegetables	Baked Beans Garden Peas
	Dessert	Bread & Butter Pudding with Custard	Wholemeal Banana Loaf	Vanilla Sponge with Custard	Eves Pudding with Custard	Chocolate & Beetroot Brownie
Week 3 <i>Week commencing:</i> 18 th Sept 9 th Oct. 6 th Nov. 27 th Nov. 18 th Dec.	Main	BBQ Chicken with Rice	Minced Lamb and Onion Pie with Mashed Potatoes	Roast Chicken with Roast New Potatoes & Gravy	Lamb Lasagne	MSC Battered Fish with Wedges
	Vegetarian	Bean Vegetable Chilli with Rice	Vegetable Wholemeal Pasta Bake	Vegetable Wellington with Roast New Potatoes & Gravy	Red Pepper Frittata with New Potatoes	Cheese & Tomato Pizza with Wedges
		Sweetcorn Mixed Peppers	Green Beans Carrots	Savoy Cabbage Sweetcorn	Broccoli Peppers	Garden Peas Baked Beans
	Dessert	Pear Sponge with Custard	Rice Pudding with Mixed Berries	Cheesecake	Apple & Raisin Strudel with Custard	Jelly



Available Daily:
 Freshly cooked Jacket Potatoes with a choice of fillings (grated cheese, tuna mayonnaise or baked beans)
 Bread freshly baked on site daily
 Daily Salad selection
 Fresh Fruit and Yoghurt

Daily Menu Offer

caterlink
feeding the imagination

Each day Caterlink provide a balanced menu choice for children at your school.

They have the choice from the following each day

Main course which is either a vegetarian, meat/fish or jacket potato option

With

Carbohydrate such as potato, rice or pasta

And

Two vegetables which they can have as much as they like

In addition they also have available

Free flowing salad bar, and homemade bread which is a self serve area

Dessert is as advertised or fresh fruit or yogurt