

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.

Autumn Silver Menu 2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Spaghetti Bolognaise	Beef Curry with Rice	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Shepherds Pie with Gravy	Fish Fingers with Oven Baked Chips, Tomato Sauce
3 rd Sept	Vegetarian	Vegetarian Soya Bolognaise (v)	Lentil and Sweet Potato Curry with Rice(v)	Quorn Roast with Roast Potatoes and Gravy (v)	Shepherdess Pie with Gravy (v)	Bean and Lentil Burger with Oven Baked Chips (v)
24 th Sept	3rd Option	Jacket Potato with Cheese (v)	Creamy Mushroom Pasta (v)	Cheese and Pepper Whirl with Roast Potatoes (v)	Vegetable Risotto (v)	Cheese and Tomato Pizza with Oven Baked Chips (v)
15 th Oct	Vegetables	Garden Peas & Carrots	Cabbage & Sweetcorn	Roast Parsnips & Green Beans	Carrots & Broccoli	Garden Peas & Baked Beans
12 th Nov	Dessert	Wholemeal Plum and Vanilla Crumble with Custard	Chocolate and Banana Oaty Square	Banana Sponge with Custard	Mixed fruit Platter & Yoghurt	Apple & Blackberry Cobbler with Ice Cream
3 rd Dec						
Week 2	Main	Chicken Sausages with Creamed Potatoes and Gravy	Beef Lasagne with Garlic Bread	Roast Turkey with Roast Potatoes and Gravy	Jerk Chicken with Rice	Fish in Batter with Oven Baked Chips, Tomato Sauce
10 th Sept	Vegetarian	Quorn Sausages with Creamed Potatoes and Gravy (v)	Vegetable Lasagne with Garlic Bread (v)	Vegetable and Leek Pie (Mashed Potato Top) with Gravy (v)	Quorn and Vegetable Stir Fry (v)	Spanish Omelette with Oven Baked Chips (v)
1 st Oct	3rd Option	Vegetable Pasty with Creamed Potatoes and Gravy (v)	Jacket Potato with a Choice of Filling(v)	Vegetable Wellington with Roast Potatoes and Gravy (v)	Vegetable Fajitas with Rice(v)	Wholemeal Vegetable Pasta Bake (v)
29 th Oct	Vegetables	Green Cabbage & Carrots	Sweetcorn & Broccoli	Carrot & Swede Mash & Garden Peas	Roasted Seasonal Vegetables & Broccoli	Baked Beans & Garden Peas
19 th Nov	Dessert	Pear and Chocolate Crumble with Custard	Mixed fruit Platter & Yoghurt	Feathered Iced Marble Sponge	Mandarin & Cinnamon Upside Down Cake with Custard	Fruit Jelly and Ice Cream
10 th Dec						
Week 3	Main	Wholemeal Meaty Beef Pizza with Homemade Jacket Wedges	Chicken and Leek Pie with Creamed Potatoes and Gravy	Roast (as advertised), Roast Potatoes and Gravy	Chilli Con Carne with Rice	Fish Fingers with Oven Baked Chips, Tomato Sauce
17 th Sept	Vegetarian	Cheese and Tomato Pizza with Homemade Jacket Wedges (v)	Creamy Vegetable Pie with Creamed Potatoes and Gravy(v)	Vegetable Cottage Pie with Gravy(V)	Vegetable Soya Chilli with Rice (V)	Red Pepper and Cheese Frittata with Oven Baked Chips (v)
8 th Oct	3rd Option	Salmon Pasta Bake	Jacket Potato with Cheese or Beans	Wholemeal Vegetable Pasta Bake (v)	Macaroni Cheese (v)	Vegetable Enchiladas with Oven Baked Chips (v)
5 th Nov	Vegetables	Sweetcorn & Baked Beans	Green Beans & Carrots	Cabbage & Carrots	Sweetcorn and Peas & Broccoli	Garden Peas & Baked Beans
26 th Nov	Dessert	Pineapple Upside Down Cake with Custard	Mixed fruit Platter & Yoghurt	Apple and Raisin Flapjack	Sticky Toffee Apple Crumble with Custard	Chocolate and Beetroot Brownie with Ice Cream
17 th Dec						



Available Daily
Bread freshly baked on site daily
Daily salad selection
Fresh fruit and yoghurt