

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.

Summer Silver Menu 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Spaghetti Bolognese	Chicken Tikka Masala with Rice	Roast Chicken, Roast Potatoes and Gravy	Shepherds Pie with Gravy	MSC Fishwich with Chipped Potatoes, Tomato Sauce
	Vegetarian	Vegetarian Bolognese (v)	Chickpea Aloo Chat with Rice (v)	Mixed Vegetable Loaf with Roast Potatoes and Gravy (v)	Shepherdess Pie with Gravy (v)	Spinach & Tomato Quiche with Chipped Potatoes(v)
	3rd Option	Jacket Potato with a Choice of Filling (v)	MSC Salmon Fishcake with New Potatoes	Vegetable Pasty with Roast Potatoes and Gravy (v)	Creamy Mushroom Pasta (v)	Cheese & Tomato Pizza with Chipped Potatoes (v)
	Vegetables	Garden Peas & Carrots	Roasted Summer Vegetables & Broccoli	Cauliflower & Cabbage	Carrots & Green beans	Sweetcorn & Baked Beans
	Dessert	Chocolate & Beetroot Brownie with Ice Cream	Wholemeal Apple Crumble with Custard	Oaty Cookie with Yoghurt	Peach Upside Down Cake with Custard	Bread & Butter Pudding
Week 2	Main	Beef Lasagne	Mediterranean Chicken thigh with Rice	Roast Turkey with Roast Potatoes and Gravy	Chicken Sausages with Creamed Potatoes and Gravy	Battered Fish with Chipped Potatoes, Tomato Sauce
	Vegetarian	Vegetable Lasagne (v)	Lentil and Sweet Potato Curry with Rice (v)	Creamy Vegetable Pie with Creamed Potato Top and Gravy (v)	Quorn Vegetarian Sausages with Creamed Potatoes and Gravy(v)	Bean & Lentil Burger with Chipped Potatoes (v)
	3rd Option	Jacket Potato with a Choice of Topping (v)	Vegetable Fajitas with Rice(v)	Cheese and Potato Whirls with Roast Potatoes(v)	Broccoli Pasta Bake(v)	Red Pepper & Cheese Frittata with Chipped Potatoes (v)
	Vegetables	Garden Peas & Carrots	Carrots & Broccoli	Cauliflower & Garden Peas	Roasted Summer Vegetables & Sweetcorn	Baked Beans & Garden Peas
	Dessert	Berry and Apple Pie with Custard	Carrot & Sultana Cake with Custard	Wholemeal Peach Crumble with Ice Cream	Cucumber and lemon Cake with Lemon Custard	Chilli, Chocolate & Kidney Bean Muffin
Week 3	Main	Chicken & Apricot Tagine served with Rice	Wholemeal Chicken and Red Pepper Pizza with Homemade Potato Wedges	Roast (as advertised), Roast Potatoes and Gravy	Minced Beef and Onion Pie with Creamed Potatoes and Gravy	MSC Fish Fingers with Chipped Potatoes, Tomato Sauce
	Vegetarian	Macaroni Cheese (v)	Cheese and Tomato Pizza with Homemade Potato Wedges (v)	Lentil and Basil Puff Pastry Whirl (v)	Creamy Vegetable Pie with Creamed Potatoes and Gravy(v)	Vegetable Enchilada with Chipped Potatoes (v)
	3rd Option	Vegetable Risotto (v)	Jacket Potato with a Choice of Topping(v)	Vegetable Cottage Pie and Gravy (v)	Pasta Arrabiata(v)	Spanish Omelette with Chipped Potatoes (v)
	Vegetables	Cauliflower & Broccoli	Sweetcorn & Baked Beans	Carrots & Garden Peas	Roasted Summer Vegetables & Carrots	Garden Peas & Baked Beans
	Dessert	Lemon Drizzle Cake with Ice Cream	Apple Sponge with Custard	Chocolate & Banana Muffin	Shortbread with Yoghurt	Chocolate and Mandarin Sponge with Chocolate Sauce



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