

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 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 02/09 23/09 14/10 11/11 02/12	Main	"Meat Free Monday" Macaroni Cheese	Pork Sausage* in a Roll with Potato Wedges	Roast Chicken* and Stuffing with Roast Potatoes and Gravy	Chicken Arrabiata Pasta*	MSC Salmon Fishfingers with Chips and Tomato Sauce
	Vegetarian	Five Bean Chilli with Rice	Quorn Sausage in a Roll with Potato Wedges	Vegetarian Pasty with Roast Potatoes and Gravy	Lentil and Sweet Potato Curry with Rice	Cheese and Tomato Pizza with Chips
	Dessert	Broccoli Carrots Apple Pie with Custard Yoghurt Fresh Fruit	Sweetcorn Baked Beans Rice Pudding with Mixed Berries Yoghurt Fresh Fruit	Roasted Parsnips Green Beans Oaty Cookie Yoghurt Fresh Fruit	Roasted Mixed Vegetables Carrots Carrot & Courgette Cake with Custard Yoghurt Fresh Fruit	Baked Beans Peas Mandarins with Ice Cream Yoghurt Fresh Fruit
Week 2 09/09 30/09 28/10 18/11 09/12	Main	"Meat Free Monday" Vegetarian Spaghetti Bolognese	Lamb Lasagne* with Garlic Bread	Roast Pork* with Roast Potatoes and Gravy	BBQ Chicken* with Rice	MSC Fish Fingers with Chips
	Vegetarian	Vegetarian Wellington with New Potatoes & Gravy Baked Tomatoes Sweetcorn	Roasted Cauliflower Curry with Rice Peas Carrots	Quorn Fillet with Roast Potatoes and Gravy Cabbage Diced Swede	Shepherdess Pie with Gravy Broccoli Fresh Peppers	Red Pepper and Cheese Frittata with Chips Baked Beans Peas
	Dessert	Eves Pudding with Custard Yoghurt Fresh Fruit	Vanilla Shortbread Yoghurt Fresh Fruit	Orange Drizzle Cake Yoghurt Fresh Fruit	Wholemeal Pear Crumble with Custard Yoghurt Fresh Fruit	Lemon & Berry Cake with Custard Yoghurt Fresh Fruit
Week 3 16/09 07/10 04/11 25/11 16/12	Main	"Meat Free Monday" Cheese and Tomato Pizza with Jacket Wedges	Beef Spaghetti Bolognese*	Roast Turkey* with Roast Potatoes and Gravy	Chicken, Lentil and Gravy Pie* with New Potatoes	Beef Burger* in a Bun with Chips and Tomato Sauce
	Vegetarian	Vegetable Tagine with Couscous Sweetcorn Fresh Peppers	Cheese & Onion Quiche with New Potatoes Broccoli Carrots	Mixed Vegetable Loaf with Roast Potatoes & Gravy Fresh Mixed Seasonal Vegetables	Vegetable Pasta Bake Cabbage Green Beans	Quorn Burger in a Bun with Chips and Tomato Sauce Baked Beans Peas
	Dessert	Banana Loaf with Custard Yoghurt Fresh Fruit	Apple Flapjack Yoghurt Fresh Fruit	Fresh Fruit Salad Yoghurt Fresh Fruit	Chocolate & Mandarin Sponge with Chocolate Sauce Yoghurt Fresh Fruit	Yoghurt and Fruit Station



Available Daily
Bread freshly baked on site daily
Daily salad selection
Also freshly cooked jacket potatoes with a choice of fillings available Mon, Tues & Thurs.
*** On the menu indicates a Halal option is also available on that day**