

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

caterlink
feeding the imagination

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|-------------------|--|--|---|---|---|
| Week 1 | Main | Sausages with Mash & Gravy | Shepherd's Pie with Gravy | Roast (as advertised) with Roast Potatoes and Gravy | Chicken Tikka with Rice | MSC Salmon Fishcake with Chips |
| | Vegetarian | Quorn Sausages & Mash with Gravy | Sweet & Sour Vegetables with Noodles | Quorn Roast with Roast Potatoes and Gravy | Creamy Vegetable Pie with Mash Potato Topping | Macaroni Cheese with Garlic Slice |
| | Dessert | Cauliflower Peas Wholemeal Plum & Vanilla Crumble with Custard Yoghurt Fresh Fruit Platter | Carrots Green Beans Apple & Raisin Flapjack Yoghurt Fresh Fruit Salad | Savoy Cabbage Swede Carrot and Courgette Cake & Custard Yoghurt Fresh Fruit Platter | Sweet corn Peppers Dutch Apple Pie & Custard Yoghurt Fresh Fruit Salad | Baked Beans Garden Peas Lemon Drizzle Cake Yoghurt Fresh Fruit Chunks |
| Week 2 | Main | Beef Burger with Jacket Wedges | Chicken Neapolitan Wholemeal Pasta | Roast Turkey with Roast Potatoes and Gravy | Spaghetti Beef Bolognese | MSC Fish Fingers with Chips |
| | Vegetarian | Vegetable Lasagne Jacket Wedges | Lentil & Basil Puff Pastry Turnover with New Potatoes | Mixed Vegetable Loaf with Roast Potatoes and Gravy | Lentil & Sweet Potato Curry with Rice | Cheese & Tomato Quiche with Chips |
| | Dessert | Coleslaw Sweet corn Orange Bread & Butter Pudding with Custard Yoghurt Fresh Fruit Platter | Broccoli Carrots Wholemeal Banana Loaf Yoghurt Fresh Fruit Chunks | Carrots Courgettes Vanilla Shortbread with Yoghurt Fresh Fruit Salad | Roasted Mixed Vegetables Eves Pudding with Custard Yoghurt Fresh Fruit Platter | Baked Beans Garden Peas Chocolate & Beetroot Brownie Yoghurt Fresh Fruit Chunks |
| Week 3 | Main | BBQ Chicken Pizza with Jacket Wedges | Minced Beef and Onion Pie with Mash Potatoes | Roast Chicken with Stuffing with Roast Potatoes and Gravy | Beef Lasagne | MSC Breaded or Battered Fish with Chips |
| | Vegetarian | Bean Vegetable Chilli with Rice | Vegetable Wholemeal Pasta Bake | Vegetable Wellington with Roast Potatoes and Gravy | Red Pepper Frittata with New Potatoes | Cheese & Tomato Pizza with Chips |
| | Dessert | Sweet corn Mixed Peppers Pear Sponge with Custard Yoghurt Fresh Fruit Platter | Green Beans Glazed carrots Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad | Savoy Cabbage Sweetcorn Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks | Broccoli Tomato Salad Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Salad | Garden Peas Baked Beans Yoghurt Fresh Fruit Platter |



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