

**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 IOW  
Spring 2019

caterlink  
feeding the imagination

|                                                                                                                  |                   | Monday                                      | Tuesday                              | Wednesday                                              | Thursday                                | Friday                                                   |
|------------------------------------------------------------------------------------------------------------------|-------------------|---------------------------------------------|--------------------------------------|--------------------------------------------------------|-----------------------------------------|----------------------------------------------------------|
| <b>Week 1</b><br><br>7 <sup>th</sup> Jan<br>28 <sup>th</sup> Jan<br>25 <sup>th</sup> Feb<br>18 <sup>th</sup> Mar | <b>Main</b>       | Beef Burgers in a Bun with New Potatoes     | Chicken and Tomato Pasta             | Roast Turkey with Roast Potatoes & Gravy               | Sweet and Sour Pork with Rice           | Fish Fingers with Chips and Tomato Sauce                 |
|                                                                                                                  | <b>Vegetarian</b> | Quorn Burger in a Bun with New Potatoes     | Creamy Broccoli Pasta Bake           | Cheese & Pepper Whirl with Roast Potatoes              | Vegetable Noodles                       | Glamorgan Sausage with Chips                             |
|                                                                                                                  | <b>Vegetables</b> | Mixed Salad<br>Peas                         | Sweetcorn<br>Green Beans             | Carrots<br>& Swede mash                                | Sweetcorn<br>Mixed Peppers              | Baked Beans<br>Garden Peas                               |
|                                                                                                                  | <b>Dessert</b>    | Apple & Strawberry Pie with Custard         | Pear Crumble and Custard             | Oaty Cookie                                            | Pineapple Upside down Cake with Custard | Yoghurt and Fruit Station                                |
| <b>Week 2</b><br><br>14 <sup>th</sup> Jan<br>4 <sup>th</sup> Feb<br>4 <sup>th</sup> Mar<br>25 <sup>th</sup> Mar  | <b>Main</b>       | Hot Dogs with Tomato Sauce and Wedges       | Chicken Curry with Rice              | Roast Pork with Roast Potatoes & Gravy                 | Spaghetti Bolognese                     | Battered Fish with Chips and Tomato Sauce                |
|                                                                                                                  | <b>Vegetarian</b> | Veggie Hot Dog with Tomato Sauce and Wedges | Lentil and Vegetable Curry with Rice | Quorn Roast With Roast Potatoes and Gravy              | Macaroni Cheese                         | Spinach & Tomato Quiche with New Potatoes                |
|                                                                                                                  | <b>Vegetables</b> | Coleslaw<br>Green Salad                     | Broccoli<br>Carrots                  | Cabbage<br>Green Beans                                 | Peppers<br>Sweetcorn                    | Baked Beans<br>Garden Peas                               |
|                                                                                                                  | <b>Dessert</b>    | Chocolate Shortbread                        | Banana Sponge & Custard              | Apple, Cheese and Biscuits                             | Mixed Fruit Crumble & Custard           | Yoghurt and Fruit Station                                |
| <b>Week 3</b><br><br>21 <sup>st</sup> Jan<br>11 <sup>th</sup> Feb<br>11 <sup>th</sup> Mar<br>1 <sup>st</sup> Apr | <b>Main</b>       | Cheese and Tomato Pizza with Wedges         | Beef Lasagne with Garlic Bread       | Roast Chicken & Stuffing with Roast Potatoes and Gravy | Chilli with Rice                        | Salmon Fish Fingers /Fish Fingers Chips and Tomato Sauce |
|                                                                                                                  | <b>Vegetarian</b> | Vegetable Pizza with Wedges                 | Quorn Chilli with Rice               | Vegetable Sausage Roll With Roast Potatoes and Gravy   | Vegetable Lasagne with Garlic Bread     | Cheese Tomato & Spinach Frittata with Chips              |
|                                                                                                                  | <b>Vegetables</b> | Sweetcorn<br>Green Beans                    | Broccoli<br>Tomato Salad             | Shredded Cabbage<br>Carrots                            | Roasted Vegetable<br>Medley             | Baked Beans<br>Garden Peas                               |
|                                                                                                                  | <b>Dessert</b>    | Oaty Apple Crumble and Custard              | Lemon & Mixed Berry Cake             | Peaches & Ice Cream                                    | Chocolate and Mandarin Brownie          | Yoghurt & Fruit Station                                  |

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