

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						
04 – Sept	Main	Sausages with Mash & Gravy	Shepherd's Pie with Gravy	Roast Pork with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Salmon Fishcake with Chips
25 – Sept	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
16 – Oct		Cauliflower Peas	Carrots Green Beans	Savoy Cabbage Swede	Sweet corn Peppers	Baked Beans Garden Peas
13 – Nov		Wholemeal Plum & Vanilla Crumble with Custard Yoghurt	Apple & Raisin Flapjack Yoghurt	Carrot and Courgette Cake Yoghurt	Dutch Apple Pie & Custard Yoghurt	Lemon Drizzle Cake Yoghurt
04 – Dec	Dessert	Fresh Fruit Platter	Fresh Fruit Salad	Fresh Fruit Platter	Fresh Fruit Salad	Fresh Fruit Chunks
Week 2						
11 – Sept	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
02 – Oct	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
30 – Oct		Coleslaw Sweet corn	Broccoli Carrots	Carrots Courgettes	Roasted Mixed Vegetables	Baked Beans Garden Peas
20 – Nov		Orange Bread & Butter Pudding with Custard Yoghurt	Wholemeal Banana Loaf Yoghurt	Vanilla Shortbread with Yoghurt	Eves Pudding with Custard Yoghurt	Chocolate & Beefroot Brownie Yoghurt
11 – Dec	Dessert	Fresh Fruit Platter	Fresh Fruit Chunks	Fresh Fruit Salad	Fresh Fruit Platter	Fresh Fruit Chunks
Week 3						
18 – Sept	Main	BBQ Chicken Pizza with Jacket Wedges	Minced Beef and Onion Pie with Mashed Potatoes	Roast Chicken with Stuffing with	Beef Lasagne	MSC Breaded or Battered Fish with Chips
09 – Oct	Vegetarian	Bean Vegetable Chilli with Rice	Vegetable Wholemeal Pasta Bake	Roast Potatoes and Gravy Vegetable Wellington with Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Cheese & Tomato Pizza with Chips
06 – Nov		Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Garden Peas Baked Beans
27 – Nov		Pear Sponge with Custard Yoghurt	Rice Pudding with Mixed Berries Yoghurt	Cheese, Apple and Biscuits Yoghurt	Apple & Raisin Strudel with Custard Yoghurt	Fruit Jelly Yoghurt
18 – Dec	Dessert	Fresh Fruit Platter	Fresh Fruit Salad	Fresh Fruit Chunks	Fresh Fruit Salad	Fresh Fruit Platter



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

Available Daily