

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.

Spring Silver Menu 2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Hot Dog with Homemade Tomato sauce & Homemade Jacket Wedges	Wholemeal Ham & Cheese Pizza with Baked Potato	Roast Turkey & stuffing With Roast Potatoes and Gravy	Beef Goulash with Mashed Potato	MSC Breaded Fish With Chipped Potatoes, Tomato Sauce
Week 1	Vegetarian	Chinese Vegetarian Spring Roll with oven baked new potatoes	Lentil & Vegetable Curry with Rice	Cheese & Pepper Whirl with Roast Potatoes	Macaroni Cheese with Tomato topping & Garlic bread	Glamorgan Sausage with Chipped Potatoes
01-Jan		Sweetcorn	Garden Peas	Carrots	Sweetcorn	Baked Beans
22-Jan		Green Beans	Cauliflower	Shredded Cabbage	Mixed Peppers	Garden Peas
19-Feb	Dessert	Fruit Yoghurt and Shortbread	Peach Crumble & Custard	Apple, Cheese and Biscuits	Pineapple upside down Cake with Custard	Pear & Ginger Muffin
12-Mar						
Week 2	Main	Chicken Chow Mein	Macaroni Pastitsio with garlic bread	Roast Chicken & stuffing with Roast Potatoes & Gravy	Beef Meatballs in a tomato sauce with Rice	MSC Battered Fish Chipped Potatoes, Tomato Sauce
Week 2	Vegetarian	Vegetable Wholemeal Pasta Bake	Wholemeal Spinach & Tomato Quiche with new potatoes	Mixed Vegetable Loaf with Roast Potatoes & gravy	Creamy Vegetable Pie with mashed potato	Cheese and Tomato Pizza with Chipped Potatoes
08-Jan		Tomato & Red Onion Slaw	Roasted Vegetables	Broccoli	Baked Tomatoes	Baked Beans
29-Jan		Green Salad		Sliced Carrots	Sweetcorn	Garden Peas
26-Feb	Dessert	Apple & Raisin Flapjack	Pear Sponge & Custard	Vanilla Shortbread with Natural Yogurt	Wholemeal Peach Crumble & Custard	Chocolate and Orange Brownie
19-Mar						
Week 3	Main	Beef Burger in a Bun with Oven Baked New Potatoes	Turkey & Leek Pie with Mash Potato Topping	Roast Gammon with Roast Potatoes and Gravy	Beef Tortilla Stack with herby diced potatoes	MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
Week 3	Vegetarian	Potato & Courgette Layer Bake	Mixed Bean Cassoulet with Mash Potato	Vegetarian Wellington with Roast Potatoes	Chick Pea Aloo Chaat with Rice	Cheese Tomato & Spinach Frittata with Chipped Potatoes
15-Jan		Broccoli	Cauliflower	Shredded Cabbage	Roasted Vegetable	Baked Beans
05-Feb		Sweetcorn	Green Beans	Carrots	Medley	Garden Peas
05-Mar	Dessert	Lemon drizzle Cake	Jelly with a side of Mandarins	Rice Pudding	Plum & Vanilla Crumble & Custard	Lemon & Cucumber Cake
26-Mar						



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