

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 Spring 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 w/c 02 Jan 21 Jan 11 Feb 04 Mar 25 Mar	Main	Chicken Chow Mein with Noodles	Macaroni Pastitsio	Roast (as advertised) With Roast Potatoes and Gravy	Chilli Con Carne with Rice	MSC Breaded Fish With Chipped Potatoes, Tomato Sauce
	Vegetarian	Vegetable Wholemeal Pasta Bake	Wholemeal Spinach & Tomato Quiche with New Potatoes	Quorn Roast With Roast Potatoes and Gravy	Soya Mince and Vegetable Stir Fry with Noodles	Glamorgan Sausage with Chipped Potatoes
	Vegetables	Sweetcorn Green Beans	Baked Tomatoes Peas	Carrot & Swede mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
	Dessert	Apple & Strawberry Strudel with Custard, Natural Flavoured Yoghurt or Fresh Fruit	Pear Crumble and Custard, Natural Flavoured Yoghurt or Fresh Fruit	Oaty Cookie, Natural Flavoured Yoghurt or Fresh Fruit	Pineapple Upside down Cake with Custard, Natural Flavoured Yoghurt or Fresh Fruit	Yoghurt and Fruit Station
Week 2 w/c 07 Jan 28 Jan 18 Feb 11 Mar 01 Apr	Main	Hot Dogs with Homemade Tomato Sauce and Homemade Jacket Wedges	Chicken and Sweetcorn Puff Pastry Pie with New Potatoes and Gravy	Roast Turkey with Roast Potatoes & Gravy	Spaghetti Bolognese	MSC Battered Fish Chipped Potatoes, Tomato Sauce
	Vegetarian	Quorn Mince Vegetarian Chilli with Rice	Lentil and Vegetable Curry with Rice	Cheese & Pepper Whirl with Roast Potatoes	Quorn and Mixed Bean Cassoulet with Mash Potato	Cheese Tomato & Spinach Frittata with Chipped Potatoes
	Vegetables	Coleslaw Green Salad	Broccoli Sliced Carrots	Red Cabbage Green Beans	Peppers Sweetcorn	Baked Beans Garden Peas
	Dessert	Chocolate Shortbread, Natural Flavoured Yoghurt or Fresh Fruit	Banana Sponge & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Apple, Cheese and Biscuits, Natural Flavoured Yoghurt or Fresh Fruit	Wholemeal Mixed Fruit Crumble & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Yoghurt and Fruit Station
Week 3 w/c 14 Jan 04 Feb 25 Feb 18 Mar	Main	Wholemeal BBQ Chicken Pizza with Potato Wedges	Beef and Vegetable Hotpot with Sliced Potatoes	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack & Rice	MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
	Vegetarian	Quorn Sausages in a Hot Dog Roll with Potato Wedges	Creamy Broccoli Pasta Bake	Spiced Vegetable, Chickpea and Soya Pattie with Roast Potatoes and Gravy	Vegetable and Apricot Tagine with Couscous	Wholemeal Cheese and Tomato Pizza with Chipped Potatoes
	Vegetables	Sweetcorn Green Beans	Broccoli Baked Tomatoes	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
	Dessert	Oaty Peach Crumble and Custard, Natural Flavoured Yoghurt or Fresh Fruit	Lemon & Mixed Berry Cake, Natural Flavoured Yoghurt or Fresh Fruit	Mandarins & Ice Cream Natural Flavoured Yoghurt or Fresh Fruit	Chocolate and Mandarin Brownie, Natural Flavoured Yoghurt or Fresh Fruit	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