

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.

Autumn Silver Menu 2017

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Cajun Spiced Chicken & Rice	Fish Fingers with Chips, Tomato Sauce	Roast (as advertised) with Roast New Potatoes & Gravy	Chicken Tikka with Rice	Fish Fingers with Chips Tomato Sauce
08/01/18						
29/01/18	Vegetarian	Vegetarian Fajita & Rice	Sweet and Sour Vegetables with Noodles	Quorn Roast with Roast Potatoes & Gravy	Creamy Vegetable Pie with new potatoes	Macaroni Cheese with Garlic Slice
		Cauliflower Garden Peas	Carrots Green Beans	Fresh Mixed Seasonal Vegetables	Sweetcorn Peppers	Baked Beans Garden Peas
	Dessert	Chocolate Shortbread Yoghurt Fresh Fruit Platter	Fruity Flapjack Yoghurt Fresh Fruit Salad	Carrot and Courgette Cake with Custard Yoghurt Fresh Fruit Platter	Dutch Apple Pie and Custard Yoghurt Fresh Fruit Salad	Lemon Drizzle Cake Fresh Fruit Salad Yoghurt
Week 2	Main	Beef burger with Jacket Wedges	Fish Fingers with Chips, Tomato Sauce	Roast Turkey & Stuffing with Roast Potatoes & Gravy	Spaghetti Bolognese	Fish Fingers with Chips, Tomato Sauce
15/01/18						
05/02/18	Vegetarian	Vegetable Lasagne with Jacket Wedges	Lentil and Basil Puff Pastry Turnover	Pasta in Tomato Sauce	Lentil and Sweet Potato Curry with Rice	Cheese and Tomato Quiche with Chips
		Garden Peas & Sweetcorn Mix	Broccoli Carrots	Fresh Mixed Seasonal Vegetables	Roasted Mixed Vegetables	Baked Beans Garden Peas
	Dessert	Iced Sponge Yoghurt Fresh Fruit Salad	Wholemeal Banana Loaf and Custard Yoghurt Fresh Fruit Platter	Shortbread Yoghurt Fresh Fruit Salad	Eves Pudding and Custard Yoghurt Fresh Fruit Platter	Chocolate and Beetroot Brownie Yoghurt Fresh Fruit Salad
Week 3	Main	BBQ Chicken Pizza with Jacket Wedges	Fish Fingers with Chips, Tomato Sauce	Roast Chicken with Roast New Potatoes & Gravy	Chicken Chow Mein with Noodle's	Fish Fingers with Chips, Tomato Sauce
22/01/18						
12/02/18	Vegetarian	Bean Vegetable Chilli with Rice	Vegetable wholemeal Pasta Bake	Vegetarian Wellington with Roast Potatoes & Gravy	Quorn Stir Fry	Vegetable Samosas with Chips
		Sweetcorn and Mixed Peppers Mixed Salad	Green Beans Glazed Carrots	Fresh Mixed Seasonal Vegetables	Broccoli Tomato Salad	Garden Peas Baked Beans
	Dessert	Pear Sponge with Custard Yoghurt Fresh Fruit Salad	Chocolate Rice Crispie Cake Fruit Yoghurt Fresh Fruit Platter	Low Sugar Fruit Jelly & Ice Cream Yoghurt Fresh Fruit Salad	Apple and Raisin Strudel with Custard Yoghurt Fresh Fruit Platter	Chocolate Sponge with Chocolate Sauce Yoghurt Fresh Fruit Salad



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