

**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 2018

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Sausage Pasta Bake	Chicken and Ginger Stir Fry with Noodles	Roast (as advertised) with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Salmon Fishcake/ Fishfingers with Chips
03-Sep	<b>Vegetarian</b>	Vegetarian Butterbean Risotto	Vegetable Enchiladas with Rice	Quorn Roast with Roast Potatoes and Gravy	Sweet & Sour Vegetables with Noodles	Macaroni Cheese with Garlic Slice
24-Sep		Baked Tomatoes Peas	Peppers Green Beans	Carrot and Swede Mash	Sweet corn Broccoli	Baked Beans Garden Peas
15-Oct		Wholemeal Apple Crumble & Custard Yoghurt	Chocolate Cocoa Cookie Yoghurt	Carrot and Courgette Cake & Custard Yoghurt	Apple & Raisin Strudel with Custard Yoghurt	Yoghurt and Fruit Station
12-Nov	<b>Dessert</b>	Fresh Fruit Platter	Fresh Fruit Salad	Fresh Fruit Platter	Fresh Fruit Salad	
03-Dec						
<b>Week 2</b>	<b>Main</b>	Beef Meatballs in Tomato Sauce with Rice	Chicken and Broccoli Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Breaded Fish with Chips
10-Sep	<b>Vegetarian</b>	Soya Mince Lasagne Jacket Wedges	Quorn Mince Bolognaise with Spaghetti	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Chickpea Aloo Chaat with Rice	Wholemeal Cheese & Tomato Quiche with Chips
01-Oct		Coleslaw Sweet corn	Peas Carrots	Broccoli Cauliflower	Roasted Mixed Vegetables	Baked Beans Garden Peas
22-Oct		Eves Pudding with Custard Yoghurt	Pineapple Loaf Yoghurt	Chocolate & Banana Oaty Square Yoghurt	Oaty Peach Crumble with Custard Yoghurt	Yoghurt and Fruit Station
19-Nov	<b>Dessert</b>	Fresh Fruit Platter	Fresh Fruit Chunks	Fresh Fruit Salad	Fresh Fruit Platter	
10-Dec						
<b>Week 3</b>	<b>Main</b>	Wholemeal Chicken and Red Pepper Pizza	Cottage Pie with Gravy	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips
17-Sep	<b>Vegetarian</b>	Five Bean Chilli with Rice	Shepherdess Pie	Vegetable Wellington with Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Wholemeal Cheese & Tomato Pizza with Chips
08-Oct		Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Baked Beans Garden Peas
05-Nov		Mandarin Upside Down Cake Yoghurt	Rice Pudding with Mixed Berries Yoghurt	Cheese, Apple and Biscuits Yoghurt	Chocolate Sponge with Chocolate Drizzle Yoghurt	Yoghurt and Fruit Station
26-Nov	<b>Dessert</b>	Fresh Fruit Platter	Fresh Fruit Salad	Fresh Fruit Chunks	Fresh Fruit Salad	
17-Dec						



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