

**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 and Mash	Chicken Noodle Stir Fry	Roast Pork with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Salmon Fishcake/ Fishfingers with Chips
03-Sep	<b>Vegetarian</b>	Quorn Sausage and Mash	Vegetable Enchiladas with Rice	Quorn Roast with Roast Potatoes and Gravy	Macaroni Cheese with Garlic Slice	Sweet & Sour Noodles
24-Sep						
15-Oct	<b>Option 3</b>	Jacket Potato	Tuna Wrap	Jacket Potato	Ham Baguette	Jacket Potato
12-Nov		Baked Tomatoes Peas	Green Beans Sweetcorn	Carrot and Swede Mash	Sweet corn Broccoli	Baked Beans Garden Peas
03-Dec	<b>Dessert</b>	Apple Crumble & Custard Yoghurt Fresh Fruit Platter	Chocolate Cocoa Cookie Yoghurt Fresh Fruit Salad	Carrot Cake & Custard Yoghurt Fresh Fruit Platter	Strawberry Jelly Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station
<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	Vegetable Curry	Cheese & Tomato Quiche with Chips
01-Oct						
22-Oct	<b>Option 3</b>	Jacket Potato	Cheese Baguette	Jacket Potato	Egg Mayo Sandwich	Jacket Potato
19-Nov		Coleslaw Sweet corn	Peas Carrots	Broccoli Cauliflower	Roasted Mixed Vegetables	Baked Beans Garden Peas
10-Dec	<b>Dessert</b>	Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Pineapple Loaf Yoghurt Fresh Fruit Chunks	Chocolate & Banana Muffin Yoghurt Fresh Fruit Salad	Peach Crumble with Custard Yoghurt Fresh Fruit Platter	Yoghurt and Fruit Station
<b>Week 3</b>	<b>Main</b>	BBQ Chicken 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						
08-Oct	<b>Vegetarian</b>	Cheese & Tomato Pizza	Shepherdess Pie	Creamy Vegetable Pie	Red Pepper Frittata with New Potatoes	Quorn Burger with Chips
05-Nov						
26-Nov	<b>Option 3</b>	Jacket Potato	Ham Sandwich	Jacket Potato	Cheese Wrap	Jacket Potato
17-Dec		Sweet corn Coleslaw	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Baked Beans Garden Peas
	<b>Dessert</b>	Mandarin Upside Down Cake Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks	Chocolate Sponge with Chocolate Drizzle Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station

