

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 2019

caterlink
feeding the imagination

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|-------------------|--|---|--|--|---|
| Week 1 | Option 1 | Shepherdess Pie with Gravy | Pork Sausage in a Hot Dog Roll with Potato Wedges | Roast Chicken and Stuffing with Roast Potatoes and Gravy | Beef Meatballs with Spaghetti | Fishfingers with Chips |
| 02-Sep | Option 2 | Macaroni Cheese | Quorn Sausage in a Hot Dog Roll with Potato Wedges | Mixed Vegetable Loaf with Roast Potatoes and Gravy | Vegetarian Soya Spaghetti Bolognaise | Cheese and Onion Quiche with Chips |
| 23-Sep | | | | | | |
| 14-Oct | Option 3 | Egg Baguette | Jacket Potato with Cheese, Beans or Tuna Mayonnaise | Tomato Pasta | Jacket Potato with Cheese, Beans or Tuna Mayonnaise | Ham Baguette |
| 11-Nov | | | | | | |
| 02-Dec | Dessert | Sweetcorn Garden Peas | Orange Drizzle cake, Yoghurt, Fresh Fruit | Fresh Mixed Seasonal Vegetables | Chocolate Crunch and Chocolate Sauce, Yoghurt and Fresh Fruit | Baked Beans Peas |
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| | Dessert | Apple Crumble and custard, Yoghurt and Fresh Fruit | Apple, Cheese and Biscuits, Yoghurt and Fresh Fruit | Apple, Cheese and Biscuits, Yoghurt and Fresh Fruit | Chocolate Crunch and Chocolate Sauce, Yoghurt and Fresh Fruit | Fruit and Yoghurt Station |
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| Week 2 | Option 1 | Macaroni Cheese | Cottage Pie with Gravy | Roast Turkey with Roasted Potatoes and Gravy | Chicken Korma with Rice | MSC Breaded Fish with Chips |
| 09-Sep | Option 2 | Lentil and Sweet Potato Curry with Rice | Cheese and Tomato Pizza with New Potatoes | Quorn Fillet with Roasted New Potatoes and Gravy | Jacket Potato with Cheese, Beans or Tuna Mayonnaise | Red Pepper and Cheese Frittata |
| 30-Sep | | | | | | |
| 28-Oct | Option 3 | Jacket Potato Cheese or Beans | Ham Baguette | Tomato Pasta | Jacket Potato with Cheese, Beans or Tuna Mayonnaise | Cheese Roll |
| 18-Nov | | | | | | |
| 09-Dec | Dessert | Sweetcorn Garden Peas | Green Beans Carrots | Fresh Mixed Seasonal Vegetables | Sweetcorn Broccoli | Baked Beans Peas |
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| | Dessert | Pear Crumble with Custard, Yoghurt and Fresh Fruit | Chocolate Shortbread, Yoghurt and Fresh Fruit | Rice Pudding with Mixed Berries, Yoghurt and Fresh Fruit | Fruit Sponge with Custard, Yoghurt and Fresh Fruit | Fruit and Yoghurt Station |
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| Week 3 | Main | Quorn Burger with Potato Wedges | Chicken Chow Main | Roast Chicken and Stuffing with Roast Potatoes and Gravy | Beef Lasagne with Garlic Bread | MSC Fish in Batter with Chips |
| 16-Sep | Vegetarian | Macaroni Cheese | Creamy Vegetable Pie with Mashed Potato and Gravy | Vegetarian Wellington with Roast Potatoes and Gravy | Quorn Sausage and Mash with Gravy | Vegetable Wholemeal Pasta Bake |
| 07-Oct | | | | | | |
| 04-Nov | Option 3 | Egg Baguette | Jacket Potato with Cheese, Beans or Tuna Mayonnaise | Tomato Pasta | Ham Baguette | Jacket Potato with Cheese, Beans or Tuna Mayonnaise |
| 25-Nov | | | | | | |
| 16-Dec | Dessert | Sweetcorn Garden Peas | Broccoli Carrots | Fresh Mixed Seasonal Vegetables | Green Beans Cauliflower | Baked Beans Peas |
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| | Dessert | Banana Loaf with Custard, Yoghurt and Fresh Fruit | Jelly and Ice Cream, Yoghurt and Fresh Fruit | Flapjack, Yoghurt and Fresh Fruit | Chocolate Sponge with Chocolate Sauce, Yoghurt and Fresh Fruit | Fruit and Yoghurt Station |
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