

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 2017

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Chicken sausages with Mash & Gravy	Shepherd's Pie with Gravy	Roast Turkey with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Salmon Fishcake with Chips
	Vegetarian	Quorn Sausages & Mash with Gravy	Sweet & Sour Vegetables with Noodles	Quorn Roast with Roast Potatoes and Gravy	Macaroni Cheese with Garlic Slice	Spanish Omelette and Chips
		Cauliflower Peas	Carrots Green Beans	Savoy Cabbage Swede	Sweet corn Peppers	Baked Beans Garden Peas
	Dessert	Wholemeal Plum & Vanilla Crumble with Custard Yoghurt Fresh Fruit Platter	Apple & Raisin Flapjack Yoghurt Fresh Fruit Salad	Carrot and Courgette Cake & Custard Yoghurt Fresh Fruit Platter	Dutch Apple Pie & Custard Yoghurt Fresh Fruit Salad	Lemon Drizzle Cake Yoghurt Fresh Fruit Chunks
Week 2	Main	Lamb Chilli with Rice	Chicken Neapolitan Wholemeal Pasta	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Lamb Bolognese	MSC Fish Fingers with Chips
	Vegetarian	Vegetable Lasagne Jacket Wedges	Lentil & Basil Puff Pastry Turnover with New Potatoes	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Lentil & Sweet Potato Curry with Rice	Cheese & Tomato Quiche with Chips
		Coleslaw Sweet corn	Broccoli Carrots	Carrots Courgettes	Roasted Mixed Vegetables	Baked Beans Garden Peas
	Dessert	Vanilla Shortbread with Yoghurt Fresh Fruit Platter	Wholemeal Banana Loaf Yoghurt Fresh Fruit Chunks	Orange Bread & Butter Pudding with Custard Fresh Fruit Salad	Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Chocolate & Beetroot Brownie Yoghurt Fresh Fruit Chunks
Week 3	Main	BBQ Chicken Pizza with Jacket Wedges	Minced Lamb and Onion Pie with Mash Potatoes	Roast Turkey with Roast Potatoes and Gravy	Lamb Lasagne	MSC Breaded or Battered Fish with Chips
	Vegetarian	Bean Vegetable Chilli with Rice	Cheese & Tomato Pizza with Half a Jacket	Vegetable Wellington with Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Veggie burger and chips
		Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Garden Peas Baked Beans
	Dessert	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Platter	Rice Pudding Yoghurt Fresh Fruit Salad	Pear Sponge with Custard Yoghurt Fresh Fruit Chunks	Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Platter



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

Daily Menu Offer

caterlink
feeding the imagination

Each day Caterlink provide a balanced menu choice for children at your school.

They have the choice from the following each day

Main course which is either a vegetarian, meat/fish or jacket potato option

With

Carbohydrate such as potato, rice or pasta

And

Two vegetables which they can have as much as they like

In addition they also have available

Free flowing salad bar, and homemade bread which is a self serve area

Dessert is as advertised or fresh fruit or yogurt