

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

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

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 W/C 02/09 23/09 14/10 11/11 02/12 23/12	Main	Pork Sausage in a Hot Dog Roll with Potato Wedges	Macaroni Cheese	Roast Chicken and Stuffing with Roast Potatoes and Gravy	Chicken Arrabiata Pasta	MSC Fishfingers/ Salmon Fishfingers with Chips
	Vegetarian	Quorn Sausage in a Hot Dog Roll with Potato Wedges	Five Bean Chilli with 50/50 Rice	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Shepherdess Pie with Gravy	Cheese and Onion Pizza with Chips
		Tuna or Cheese sandwich	Ham or Cheese Roll	Tuna or Cheese wrap	Chicken or Cheese sandwich	Ham or Cheese Roll
	Dessert	Sweetcorn Coleslaw	Green Beans Carrots	Cauliflower Broccoli	Roasted Mixed Vegetables	Baked Beans Peas
		Orange Drizzle Cake	Carrot and Courgette Cake with Custard	Oaty Cookie	Apple Crumble with Custard	Fruit and Yoghurt Station
Week 2 W/C 09/09 30/09 21/10 188/11 09/12	Main	Beef and Red Pepper Pizza with New Potatoes	50% Plant Based Cottage Pie with Gravy	Roast Gammon with Roasted New Potatoes and Gravy	Chicken Tagine with Rice	MSC Breaded Fish with Chips
	Vegetarian	Vegetable Tagine with Couscous	Vegetarian Soya Spaghetti Bolognese	Quorn Fillet with Roasted New Potatoes and Gravy	Lentil and Sweet Potato Curry with Rice	French Bread Cheese and Tomato Pizza with Chips
		Ham or Cheese Wrap	Tuna or Cheese Sandwich	Chicken or Cheese Roll	Ham or Cheese Sandwich	Chicken or Cheese Wrap
	Dessert	Peppers Green Beans	Peas Cauliflower	Cabbage Carrots	Sweetcorn Baked Tomatoes	Baked Beans Peas
		Wholemeal Pear Crumble with Custard	Vanilla Shortbread	Apple Flapjack	Eves Pudding with Custard	Fruit and Yoghurt Station
Week 3 W/C 16/09 07/10 04/11 25/11 16/12	Main	Spaghetti Bolognese	50% Plant Based Chicken, Lentil and Gravy Pie with Mashed Potato Topping	Roast Beef with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Fish in Batter with Chips
	Vegetarian	Quorn Burger with New Potatoes	Creamy Vegetable Pie with Mashed Potato and Gravy	Vegetarian Wellington with Roast Potatoes and Gravy	Roasted Cauliflower Curry with Rice	Cheese and Tomato Wrap with Chips
		Tuna or Cheese Roll	Chicken or Cheese Sandwich	Ham or Cheese wrap	Chicken or Cheese Roll	Tuna or Cheese Sandwich
	Dessert	Peas Carrots	Sweetcorn Broccoli	Fresh Mixed Seasonal Vegetables	Tomato and Onion Salad Green Beans	Baked Beans Peas
		Banana Loaf with Custard	Rice Pudding with Mixed	Apple, Cheese and Biscuits	Pear and Ginger Muffin	Fruit and Yoghurt Station

