

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 Basic
Spring 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 7/1/2019 28/1/2019 25/2/2019 18/3/2019	Main	Beef Burgers in a Bun with New Potatoes	Chicken and Tomato Pasta	Roast Gammon With Roast Potatoes and Gravy	Chicken Noodles	MSC Breaded Fish with Chips and Tomato Sauce
	Vegetarian	Quorn Burger in a Bun with New Potatoes	Macaroni Cheese	Vegetable Loaf with Roast Potatoes	Vegetable Noodles	Cheese & Pepper Pinwheels with Chips
	Vegetables	Sweetcorn Green Beans	Baked Tomatoes Peas	Carrot & Swede mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
	Dessert	Rice Crispy Cake	Pear Crumble (WM) and Custard	Oaty Cookie	Pineapple Upside down Cake with Custard	Vanilla Shortbread Yoghurt & fruit station
Week 2 14/1/2019 4/2/2019 4/3/2019 25/3/2019	Main	Hot Dogs with Tomato Sauce and Wedges	Chicken Curry with Rice	Roast Turkey with Roast Potatoes & Gravy	Spaghetti Bolognese	MSC Battered Fish with Chips and Tomato Sauce
	Vegetarian	Glamorgan Sausage with Tomato Sauce and Wedges	Lentil and Vegetable Curry with Rice	Quorn Roast With Roast Potatoes and Gravy	Veggie Bolognese	Spinach & Tomato Quiche (WM) with New Potatoes
	Vegetables	Coleslaw Green Salad	Broccoli Sliced Carrots	Red Cabbage Green Beans	Peppers Sweetcorn	Baked Beans Garden Peas
	Dessert	Flapjack	Banana Sponge & Custard	Carrot Cake	Mixed Fruit Crumble (WM) & Custard	Marble Shortbread Yoghurt & fruit station
Week 3 21/1/2019 11/2/2019 11/3/2019 1/4/2019	Main	BBQ Chicken Pizza (WM) with Wedges	Beef Lasagne	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Chilli with Rice	MSC Salmon Fish Fingers with Chips and Tomato Sauce
	Vegetarian	Cheese and Tomato Pizza (WM) with Wedges	Vegetable Lasagne	Vegetable Wellington With Roast Potatoes and Gravy	Quorn Chilli with Rice	Cheese Tomato & Spinach Frittata with Chips
	Vegetables	Sweetcorn Green Beans	Broccoli Tomatoes	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
	Dessert	Oaty Peach Crumble and Custard	Lemon & Mixed Berry Cake	Apple, Cheese & Biscuits	Chocolate and Mandarin Brownie	Vanilla Shortbread Yoghurt & Fruit Station

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