

**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  
Egg-Free

caterlink  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 7/1/2019 28/1/2019 25/2/2019 18/3/2019	<b>Main</b>	Jacket Potato with Cheese, Beans or Tuna (no Mayonnaise)	Chicken and Tomato Pasta	Roast (as advertised) With Roast Potatoes and Gravy		MSC Breaded Fish with Chips and Tomato Sauce
	<b>Vegetarian</b>		Creamy Broccoli Pasta Bake	Cheese & Pepper Whirl with Roast Potatoes	Vegetable Stir Fry with Rice (no Noodles)	
	<b>Vegetables</b>	Sweetcorn Green Beans	Baked Tomatoes Peas	Carrot & Swede mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
	<b>Dessert</b>	Rolled Apple & Strawberry Pie with Custard	Pear Crumble (WM) and Custard	Oaty Cookie	Yoghurt and Fresh Fruit Salad	Yoghurt and Fruit Station
<b>Week 2</b> 14/1/2019 4/2/2019 4/3/2019 25/3/2019	<b>Main</b>	Jacket Potato with Cheese, Beans or Tuna (no Mayonnaise)	Chicken Curry with Rice	Roast Turkey with Roast Potatoes & Gravy	Spaghetti Bolognese	MSC Battered Fish with Chips and Tomato Sauce
	<b>Vegetarian</b>		Lentil and Vegetable Curry with Rice		Macaroni Cheese	
	<b>Vegetables</b>	Green Salad	Broccoli Sliced Carrots	Red Cabbage Green Beans	Peppers Sweetcorn	Baked Beans Garden Peas
	<b>Dessert</b>	Chocolate Shortbread	Yoghurt and Fresh Fruit Salad	Apple, Cheese and Biscuits	Mixed Fruit Crumble (WM) & Custard	Yoghurt and Fruit Station
<b>Week 3</b> 21/1/2019 11/2/2019 11/3/2019 1/4/2019	<b>Main</b>	Jacket Potato with Cheese, Beans or Tuna (no Mayonnaise)	Beef Lasagne	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Chilli with Rice	MSC Salmon Fish Fingers with Chips and Tomato Sauce
	<b>Vegetarian</b>		Vegetable Lasagne	Vegetable Wellington With Roast Potatoes and Gravy		
	<b>Vegetables</b>	Sweetcorn Green Beans	Broccoli Tomatoes	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
	<b>Dessert</b>	Oaty Peach Crumble and Custard	Yoghurt and Fresh Fruit Salad	Mandarins & Ice Cream	Yoghurt with Fresh Fruit Salad	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

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● Gold Menu Basic  
Spring 2019  
Egg-Free

caterlink  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Jacket Potato with Cheese, Beans or Tuna (no Mayonnaise)	Chicken and Tomato Pasta	Roast (as advertised) With Roast Potatoes and Gravy		MSC Breaded Fish with Chips and Tomato Sauce
	<b>Vegetarian</b>		Creamy Broccoli Pasta Bake	Cheese & Pepper Whirl with Roast Potatoes	Vegetable Stir Fry with Rice (no Noodles)	
	<b>Vegetables</b>	Sweetcorn Green Beans	Baked Tomatoes Peas	Carrot & Swede mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
	<b>Dessert</b>	Rolled Apple & Strawberry Pie with Custard	Pear Crumble (WM) and Custard	Oaty Cookie	Yoghurt and Fresh Fruit Salad	Yoghurt and Fruit Station
<b>Week 2</b>	<b>Main</b>	Jacket Potato with Cheese, Beans or Tuna (no Mayonnaise)	Chicken Curry with Rice	Roast Turkey with Roast Potatoes & Gravy	Spaghetti Bolognaise (made with organic mince beef)	MSC Battered Fish with Chips and Tomato Sauce
	<b>Vegetarian</b>		Lentil and Vegetable Curry with Rice		Macaroni Cheese	
	<b>Vegetables</b>	Green Salad	Broccoli Sliced Carrots	Red Cabbage Green Beans	Peppers Sweetcorn	Baked Beans Garden Peas
	<b>Dessert</b>	Chocolate Shortbread	Yoghurt and Fresh Fruit Salad	Apple, Cheese and Biscuits	Mixed Fruit Crumble (WM) & Custard	Yoghurt and Fruit Station
<b>Week 3</b>	<b>Main</b>	Jacket Potato with Cheese, Beans or Tuna (no Mayonnaise)	Beef Lasagne (made with organic mince beef)	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Chilli with Rice (made with organic mince beef)	MSC Salmon Fish Fingers with Chips and Tomato Sauce
	<b>Vegetarian</b>		Vegetable Lasagne	Vegetable Wellington With Roast Potatoes and Gravy		
	<b>Vegetables</b>	Sweetcorn Green Beans	Broccoli Tomatoes	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
	<b>Dessert</b>	Oaty Peach Crumble and Custard	Yoghurt and Fresh Fruit Salad	Mandarins & Ice Cream	Chocolate and Mandarin Brownie	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