

**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  
Gluten-Free

caterlink  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Jacket Potato with Beans, Cheese or Tuna	<b>NGCI Chicken Neapolitan Pasta</b>	Roast (as advertised) With Roast Potatoes and <b>NGCI Gravy</b>	Jacket Potato with Beans, Cheese or Tuna	<b>NGCI Bubble Fish</b> with Chips and Tomato Sauce
<b>NO BREAD</b>	<b>Vegetarian</b>		<b>NGCI Broccoli Pasta Bake</b>	Quorn Roast With Roast Potatoes and <b>NGCI Gravy</b>		
7/1/2019 28/1/2019 25/2/2019 18/3/2019	<b>Vegetables</b>	Sweetcorn Green Beans	Baked Tomatoes Peas	Carrot & Swede mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
	<b>Dessert</b>	Yoghurt and Fresh Fruit Salad	<b>NGCI Pear Crumble</b> and Custard	Yoghurt and Fresh Fruit Salad	<b>NGCI Pineapple Upside down Cake</b> with Custard	Yoghurt and Fruit Station
<b>Week 2</b>	<b>Main</b>	Jacket Potato with Beans, Cheese or Tuna	<b>NGCI Chicken Curry with Rice</b>	Roast Turkey with Roast Potatoes and <b>NGCI Gravy</b>	Beef Bolognaise with <b>NGCI Pasta</b>	<b>NGCI Bubble Fish</b> with Chips and Tomato Sauce
<b>NO BREAD</b>	<b>Vegetarian</b>		Lentil and Vegetable Curry with Rice	Quorn Roast With Roast Potatoes and <b>NGCI Gravy</b>	<b>NGCI Macaroni Cheese</b>	<b>NGCI Spinach &amp; Tomato Quiche</b> with New Potatoes
14/1/2019 4/2/2019 4/3/2019 25/3/2019	<b>Vegetables</b>	Coleslaw Green Salad	Broccoli Sliced Carrots	Red Cabbage Green Beans	Peppers Sweetcorn	Baked Beans Garden Peas
	<b>Dessert</b>	<b>NGCI Chocolate Shortbread</b>	<b>NGCI Banana Loaf</b> and Custard	Apple, Cheese ( <b>no Biscuits</b> )	<b>NGCI Mixed Fruit Crumble</b> & Custard	Yoghurt and Fruit Station
<b>Week 3</b>	<b>Main</b>		Jacket Potato with Cheese, Beans or Tuna	Roast Chicken with Roast Potatoes and <b>NGCI Gravy (no Stuffing)</b>	Jacket Potato with Cheese, Beans or Tuna	<b>NGCI Bubble Fish</b> with Chips and Tomato Sauce
<b>NO BREAD</b>	<b>Vegetarian</b>	<b>NGCI Cheese &amp; Tomato Pizza</b>				Cheese Tomato & Spinach Frittata with Chips
21/1/2019 11/2/2019 11/3/2019 1/4/2019	<b>Vegetables</b>	Sweetcorn Green Beans	Broccoli Tomatoes	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
	<b>Dessert</b>	<b>NGCI Peach Crumble</b> and Custard	<b>NGCI Lemon Drizzle Cake</b>	Mandarins & Ice Cream	<b>NGCI Chocolate and Mandarin Brownie</b>	Yoghurt & Fruit Station

Available Daily  
Freshly cooked jacket potatoes with a choice of fillings (where advertised)  
Daily salad selection

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● Gold Menu Basic  
Spring 2019  
Gluten-Free

caterlink  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Jacket Potato with Beans, Cheese or Tuna	<b>NGCI Chicken Neapolitan Pasta</b>	Roast (as advertised) With Roast Potatoes and <b>NGCI Gravy</b>	Chicken and Ginger Stir Fry with Rice ( <b>no Noodles</b> )	<b>NGCI Bubble Fish</b> with Chips and Tomato Sauce
	<b>Vegetarian</b>		<b>NGCI Broccoli Pasta Bake</b>			
	<b>Vegetables</b>	Sweetcorn Green Beans	Baked Tomatoes Peas	Carrot & Swede mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
	<b>Dessert</b>	Yoghurt and Fresh Fruit Salad	<b>NGCI Pear Crumble</b> and Custard	Yoghurt and Fresh Fruit Salad	<b>NGCI Pineapple Upside down Cake</b> with Custard	Yoghurt and Fruit Station
<b>Week 2</b>	<b>Main</b>	Jacket Potato with Beans, Cheese or Tuna	<b>NGCI Chicken Curry with Rice</b>	Roast Turkey with Roast Potatoes and <b>NGCI Gravy</b>	Beef Bolognese (made with organic mince beef) with <b>NGCI Pasta</b>	<b>NGCI Bubble Fish</b> with Chips and Tomato Sauce
	<b>Vegetarian</b>		Lentil and Vegetable Curry with Rice	Quorn Roast With Roast Potatoes and <b>NGCI Gravy</b>	<b>NGCI Macaroni Cheese</b>	<b>NGCI Spinach &amp; Tomato Quiche</b> with New Potatoes
	<b>Vegetables</b>	Coleslaw Green Salad	Broccoli Sliced Carrots	Red Cabbage Green Beans	Peppers Sweetcorn	Baked Beans Garden Peas
	<b>Dessert</b>	<b>NGCI Chocolate Shortbread</b>	<b>NGCI Banana Loaf</b> and Custard	Apple, Cheese ( <b>no Biscuits</b> )	<b>NGCI Mixed Fruit Crumble</b> & Custard	Yoghurt and Fruit Station
<b>Week 3</b>	<b>Main</b>		Jacket Potato with Cheese, Beans or Tuna	Roast Chicken with Roast Potatoes and <b>NGCI Gravy (no Stuffing)</b>	Jacket Potato with Cheese, Beans or Tuna	<b>NGCI Bubble Fish</b> with Chips and Tomato Sauce
	<b>Vegetarian</b>	<b>NGCI Cheese &amp; Tomato Pizza</b>				Cheese Tomato & Spinach Frittata with Chips
	<b>Vegetables</b>	Sweetcorn Green Beans	Broccoli Tomatoes	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
	<b>Dessert</b>	<b>NGCI Peach Crumble</b> and Custard	<b>NGCI Lemon Drizzle Cake</b>	Mandarins & Ice Cream	<b>NGCI Chocolate and Mandarin Brownie</b>	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