

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 Milk-
Free

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Jacket Potato with Beans or Tuna	Chicken and Tomato Pasta (No Cheese)	Roast (as advertised) With Roast Potatoes and Gravy	Chicken Noodles	MSC Breaded Fish with Chips and Tomato Sauce
NO BREAD	Vegetarian				Vegetable Noodles	Glamorgan Sausage with Chips
7/1/2019	Vegetables	Sweetcorn Green Beans	Baked Tomatoes Peas	Carrot & Swede mash	Sweetcorn Mixed Pepper s	Baked Beans Garden Peas
28/1/2019	Dessert	Rolled Apple & Strawberry Pie (no Custard)	Pear Crumble (WM) (no Custard)	Oaty Cookie	Pineapple Upside down Cake (no Custard)	Fruit Station (no Yoghurt)
25/2/2019						
18/3/2019						
Week 2	Main			Roast Turkey with Roast Potatoes & Gravy	Spaghetti Bolognaise	MSC Battered Fish with Chips and Tomato Sauce
NO BREAD	Vegetarian	Jacket Potato with Beans or Tuna	Lentil and Vegetable Curry with Rice			
14/1/2019	Vegetables	Coleslaw Green Salad	Broccoli Sliced Carrots	Red Cabbage Green Beans	Peppers Sweetcorn	Baked Beans Garden Peas
4/2/2019	Dessert	Chocolate Shortbread	Banana Sponge (no Custard)	Apple and Biscuits (no Cheese)	Mixed Fruit Crumble (WM) (no Custard)	Fruit Station (no Yoghurt)
4/3/2019						
25/3/2019						
Week 3	Main	Jacket Potato with Beans or Tuna	Jacket Potato with Beans or Tuna	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Chilli with Rice	MSC Salmon Fish Fingers with Chips and Tomato Sauce
NO BREAD	Vegetarian			Vegetable Wellington With Roast Potatoes and Gravy		
21/1/2019	Vegetables	Sweetcorn Green Beans	Broccoli Tomatoes	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
11/2/2019	Dessert	Oaty Peach Crumble (no Custard)	Lemon & Mixed Berry Cake	Fresh Fruit	Chocolate and Mandarin Brownie	Fruit Station (no Yoghurt)
11/3/2019						
1/4/2019						

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 Milk-
Free

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Jacket Potato with Beans or Tuna	Jacket Potato with Beans or Tuna	Roast (as advertised) With Roast Potatoes and Gravy	Chicken Noodles	MSC Breaded Fish with Chips and Tomato Sauce
	Vegetarian				Vegetable Noodles	Glamorgan Sausage with Chips
	Vegetables	Sweetcorn Green Beans	Baked Tomatoes Peas	Carrot & Swede mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
	Dessert	Rolled Apple & Strawberry Pie (no Custard)	Pear Crumble (WM) (no Custard)	Oaty Cookie	Pineapple Upside down Cake (no Custard)	Fruit Station (no Yoghurt)
Week 2	Main			Roast Turkey with Roast Potatoes & Gravy	Spaghetti Bolognaise	MSC Battered Fish with Chips and Tomato Sauce
	Vegetarian	Jacket Potato with Beans or Tuna	Lentil and Vegetable Curry with Rice			
	Vegetables	Coleslaw Green Salad	Broccoli Sliced Carrots	Red Cabbage Green Beans	Peppers Sweetcorn	Baked Beans Garden Peas
	Dessert	Chocolate Shortbread	Banana Sponge (no Custard)	Apple and Biscuits (no Cheese)	Mixed Fruit Crumble (WM) (no Custard)	Fruit Station (no Yoghurt)
Week 3	Main	Jacket Potato with Beans or Tuna	Jacket Potato with Beans or Tuna	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Chilli with Rice	MSC Salmon Fish Fingers with Chips and Tomato Sauce
	Vegetarian			Vegetable Wellington With Roast Potatoes and Gravy		
	Vegetables	Sweetcorn Green Beans	Broccoli Tomatoes	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
	Dessert	Oaty Peach Crumble (no Custard)	Lemon & Mixed Berry Cake	Fresh Fruit	Chocolate and Mandarin Brownie	Fruit Station (no Yoghurt)

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