

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.

Soya Free Basic
Spring 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main		Chicken and Tomato Pasta	Roast (as advertised) With Roast Potatoes and Gravy		MSC Breaded Fish with Chips and Tomato Sauce
NO BREAD	Vegetarian	Quorn Burger in a Bun with New Potatoes	Creamy Broccoli Pasta Bake	Cheese & Pepper Whirl with Roast Potatoes		Glamorgan Sausage with Chips
7/1/2019 28/1/2019 25/2/2019 18/3/2019	Vegetables	Sweetcorn Green Beans	Baked Tomatoes Peas	Carrot & Swede mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
	Dessert	Rolled Apple & Strawberry Pie with Custard	Pear Crumble (WM) and Custard	Oaty Cookie	Pineapple Upside down Cake with Custard	Yoghurt and Fruit Station
Week 2	Main		Chicken Curry with Rice	Roast Turkey with Roast Potatoes & Gravy	Spaghetti Bolognese	MSC Battered Fish with Chips and Tomato Sauce
NO BREAD	Vegetarian	Veggie Hot Dog with Tomato Sauce and Wedges	Lentil and Vegetable Curry with Rice	Quorn Roast With Roast Potatoes and Gravy	Macaroni Cheese	Spinach & Tomato Quiche (WM) with New Potatoes
14/1/2019 4/2/2019 4/3/2019 25/3/2019	Vegetables	Coleslaw Green Salad	Broccoli Sliced Carrots	Red Cabbage Green Beans	Peppers Sweetcorn	Baked Beans Garden Peas
	Dessert	Chocolate Shortbread	Banana Sponge & Custard	Apple, Cheese and Biscuits	Mixed Fruit Crumble (WM) & Custard	Yoghurt and Fruit Station
Week 3	Main		Beef Lasagne	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Chilli with Rice	MSC Salmon Fish Fingers with Chips and Tomato Sauce
NO BREAD	Vegetarian		Vegetable Lasagne	Vegetable Wellington With Roast Potatoes and Gravy	Quorn Chilli with Rice	Cheese Tomato & Spinach Frittata with Chips
21/1/2019 11/2/2019 11/3/2019 1/4/2019	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	Mandarins & Ice Cream	Chocolate and Mandarin Brownie	Yoghurt & Fruit Station

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