

**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 Autumn 2017

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 04/09 25/09 16/10 13/11 04/12	<b>Main</b>	Pork Sausages * with Mash & Gravy	Shepherd's Pie * with Gravy	Roast Turkey * with Roast Potatoes and Gravy	Mediterranean Chicken * with Pasta	MSC Salmon Fishcake with Chips
	<b>Vegetarian</b>	Quorn Sausages & Mash with Gravy	Sweet & Sour Vegetables with Rice	Creamy Vegetable Pie with Mash Potato Topping and Gravy	Lentil & Sweet Potato Curry with Rice	Cheese & Tomato Pizza
	<b>Dessert</b>	Savoy Cabbage Peas Wholemeal Peach Crumble with Custard Yoghurt Fresh Fruit	Carrots Green Beans Apple & Raisin Flapjack with Custard Yoghurt Fresh Fruit	Cauliflower Glazed Carrots Carrot and Courgette Cake Yoghurt Fresh Fruit	Sweetcorn Broccoli Dutch Apple Pie & Custard Yoghurt Fresh Fruit	Baked Beans Garden Peas Lemon Drizzle Cake Yoghurt Fresh Fruit
<b>Week 2</b> 11/09 02/10 30/10 20/11 11/12	<b>Main</b>	Beef Burger * with Jacket Wedges	Lamb Spaghetti Bolognese *	Roast Chicken * with Stuffing Roast Potatoes and Gravy	Chicken Tikka Curry * with Rice	MSC Fish Fingers with Chips
	<b>Vegetarian</b>	Red Pepper Frittata with Jacket Wedges	Lentil & Basil Puff Pastry Turnover with New Potatoes	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Macaroni Cheese	Spiced Vegetable and Soya Pattie with Chips
	<b>Dessert</b>	Broccoli Sweetcorn Orange Cake with Custard Yoghurt Fresh Fruit	Roasted Mixed Vegetables Carrots Apple Crumble with Custard Yoghurt Fresh Fruit	Glazed Carrots Savoy Cabbage Vanilla Shortbread with Yoghurt Yoghurt Fresh Fruit	Broccoli Sweetcorn Wholemeal Banana Loaf Yoghurt Fresh Fruit	Baked Beans Garden Peas Chocolate & Beetroot Brownie Yoghurt Fresh Fruit
<b>Week 3</b> 18/09 09/10 06/11 27/11 18/12	<b>Main</b>	Beef Goulash * with Rice	Minced Beef & Onion Pie * with Mash Potatoes	Roast Pork * with Roast Potatoes and Gravy	BBQ Chicken Pizza *	MSC Fish in Batter with Chips
	<b>Vegetarian</b>	Bean Vegetable Chilli with Rice or Jacket Potato	Vegetable Wholemeal Pasta Bake	Vegetable Wellington with Roast Potatoes and Gravy	Vegetable Lasagne	Vegetable Enchilada with Chips
	<b>Dessert</b>	Sweetcorn Broccoli Peach Upside Down Cake with Custard Yoghurt Fresh Fruit	Savoy Cabbage Glazed Carrots Rice Pudding with Mixed Berries Yoghurt Fresh Fruit	Roasted Mixed Vegetables Sweetcorn Oaty Cookie with Yoghurt Yoghurt Fresh Fruit	Broccoli Cauliflower Chocolate & Mandarin Sponge with Custard Yoghurt Fresh Fruit	Garden Peas Baked Beans Pear Sponge with Custard Yoghurt Fresh Fruit



\* On the menu indicates a Halal meat option is also available on that day

Available Daily  
Freshly cooked jacket potatoes with a choice of fillings  
Bread freshly baked on site  
Daily salad selection  
Fresh Fruit and Vegetables