

**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.

# Spring Silver Menu 2018 Gluten Free

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Beef Pastitsio with Gluten Free Pasta	Chicken Chow Mein with Rice	Roast pork * With Roast Potatoes	Beef Cobbler ( NO Scone) with New Potatoes	Gluten Free MSC Bubble Coated Fish With Chips, Tomato Sauce
<b>Week 1</b>	<b>Vegetarian</b>	Jacket Potato with Baked Beans & Cheese	Lentil & Sweet potato Curry with Rice	Jacket Potato with Baked Beans & Cheese	Jacket Potato with Tuna	Jacket Potato with Baked Beans & Cheese
01-Jan						
22-Jan						
19-Feb		Sweetcorn Green Beans	Peas Cauliflower	Carrot Swede mash	Sweetcorn Broccoli	Baked Beans Garden Peas
12-Mar	<b>Dessert</b>	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt
<b>Week 2</b>	<b>Main</b>	Bubble Crumb Fish with Mash	Chicken & Red Pepper with Jacket Potato	Roast Turkey * with Roast Potatoes	Lamb Bolognaise with Gluten Free Pasta	Gluten Free MSC Bubble Coated Fish With Chips, Tomato Sauce
<b>Week 2</b>	<b>Vegetarian</b>	Gluten Free Vegetable Wholemeal Pasta Bake	Jacket Potato with Tuna	Jacket Potato with Baked Beans & Cheese	Lentil & Vegetable Curry with Rice	Jacket Potato with Baked Beans & Cheese
08-Jan						
29-Jan						
26-Feb		Roasted Vegetable Medley	Sweetcorn Broccoli	Carrots Cabbage	Sweetcorn & Peas Mixed cauliflower	Baked Beans Garden Peas
19-Mar	<b>Dessert</b>	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh fruit Yoghurt	Fresh Fruit Yoghurt
<b>Week 3</b>	<b>Main</b>	Gluten Free MSC Bubble Coated Fish with Oven Baked New Potatoes		Roast Chicken (No Stuffing) * with Roast Potatoes	Beef Bolognaise with Gluten Free Pasta	NGCI MSC Bubble Fish With Chipped Potatoes, Tomato Sauce
<b>Week 3</b>	<b>Vegetarian</b>	Jacket Potato with Tuna	Mixed Bean Cassoulet (No Cumin) with Rice or Jacket Potato	Bean & Vegetable Hotpot	Jacket Potato with Baked Beans & Cheese	Cheese Tomato & Spinach Frittata with Chips
15-Jan						
05-Feb						
05-Mar		Broccoli Sweetcorn	Cauliflower Green Beans	Shredded Cabbage Carrots	Roasted Vegetable Medley Sweetcorn	Baked Beans Garden Peas
26-Mar	<b>Dessert</b>	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Jelly with a Side of Mandarins Fresh Fruit Yoghurt	Fresh Fruit Yoghurt	Fresh Fruit Yoghurt

