

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

Milk Free

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main		Chicken Chow Mein * with Egg Noodles	Roast Pork * with Roast Potatoes and Gravy	Beef Cobbler * with New Potato	MSC Breaded Fish with Chipped Potatoes, Tomato Sauce
Week 1	Vegetarian	Jacket Potato with Tuna	Lentil & Sweet Potato Curry with Rice	Vegetable Wellington with Roast Potatoes and Gravy		Vegetarian Sausage with Chips
01-Jan						
22-Jan		Sweetcorn Green Beans	Peas Cauliflower	Carrot Swede mash	Sweetcorn Broccoli	Baked Beans Garden Peas
19-Feb						
12-Mar	Dessert	Wholemeal Peach Crumble Fresh Fruit	Shortbread Fresh Fruit	Fruit Salad	Jam Sponge Fresh Fruit	Apple Flapjack Fresh Fruit
Week 2	Main	Pork Sausages * with Mash & Gravy		Roast Turkey * with Roast Potatoes & Gravy	Beef Goulash * with Rice	MSC Battered Fish Chips, Tomato Sauce
Week 2	Vegetarian	Vegetable Wholemeal Pasta Bake (No Cheese)	Vegetable Pasty with New Potatoes	Mixed Vegetable Loaf with Roast Potatoes	Lentil & vegetable Curry with Rice	Jacket Potato with Baked Beans
08-Jan						
29-Jan		Peas Roasted Vegetable Medley	Sweetcorn Broccoli	Cabbage Carrots	Sweetcorn & Peas Mixed Cauliflower	Baked Beans Garden Peas
26-Feb						
19-Mar	Dessert	Lemon & Berries Cake Fresh Fruit	Pineapple Upside Down Cake Fresh Fruit	Oaty Cookie Fresh Fruit	Apple & Raisin Strudel Fresh Fruit	Chocolate and Orange Brownie
Week 3	Main	Beef Burger * with Oven Baked New Potatoes		Roast Chicken * & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack * (No Cheese) & Rice	MSC Salmon Fish Fingers with Chips, Tomato Sauce
Week 3	Vegetarian	Chick Pea Aloo Chaat with Rice	Mixed Bean Cassoulet with Rice or Jacket	Bean & Vegetable Hotpot with Roast Potatoes	Jacket Potato with Tuna	Jacket Potato with Baked Beans
15-Jan						
05-Feb		Broccoli Sweetcorn	Cauliflower Green Beans	Shredded Cabbage Carrots	Roasted Vegetable Medley Sweetcorn	Baked Beans Garden Peas
05-Mar						
26-Mar	Dessert	Carrot & Sultana Cake Fresh Fruit	Wholemeal Mixed Berries Crumble Fresh Fruit	Jelly with a Side of Mandarins Fresh Fruit	Chocolate Cookies Fresh Fruit	Lemon & Cucumber Cake Fresh Fruit