

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 2019 Vegan

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 02/09 23/09 14/10 11/11 02/12	Main	"Meat Free Monday" Macaroni Cheese	Jacket Potato with Baked Beans			
	Vegetarian	Five Bean Chilli with Rice		Vegetarian Pasty with Roast Potatoes and Gravy	Lentil and Sweet Potato Curry with Rice	Jacket Potato with Baked Beans
		Broccoli Carrots	Sweetcorn Baked Beans	Roasted Parsnips Green Beans	Roasted Mixed Vegetables Carrots	Baked Beans Peas
	Dessert	Apple Pie Fresh Fruit	Fresh Fruit	Oaty Cookie Fresh Fruit	Fresh Fruit	Fresh Fruit
Week 2 09/09 30/09 28/10 18/11 09/12	Main	"Meat Free Monday"				
	Vegetarian	Vegetarian Wellington with New Potatoes & Gravy Baked Tomatoes Sweetcorn	Roasted Cauliflower Curry with Rice Swede Carrots	Jacket Potato with Baked Beans Cabbage Peas	Shepherdess Pie with Gravy Broccoli Fresh Peppers	Jacket Potato with Baked Beans Baked Beans Peas
	Dessert	Fresh Fruit	Vanilla Shortbread Fresh Fruit	Fresh Fruit	Wholemeal Pear Crumble Fresh Fruit	Fresh Fruit
Week 3 16/09 07/10 04/11 25/11 16/12	Main	"Meat Free Monday"	Jacket potato with Baked Beans	Vegetarian Sausages with Roasted Potato & Gravy		Jacket Potato with Baked Beans
	Vegetarian	Vegetable Tagine with Couscous Sweetcorn Fresh Peppers	Broccoli Carrots	Fresh Mixed Seasonal Vegetables	Vegetable Pasta Bake (No Cheese) Cabbage Green Beans	Baked Beans Peas
	Dessert	Fresh Fruit	Apple Flapjack Fresh Fruit	Fresh Fruit Salad Fresh Fruit	Fresh Fruit	Fresh Fruit