caterlink
feeding the imagination

Summer/Autumn Menu 2022

Added Plant Power
Vegan
Wholemeal

		Monday	Tuesday	Wednesday	Thursday	Friday
Week One **06/06** **27/06** **18/07** **12/09** **03/10**	Option 1	Cheesy Vegetable Pasta Bake	* Beef Burger in a Bun with Potato Wedges	* Roast Gammon with Roast New Potatoes and Gravy	* BBQ Chicken with Rice / Noodles	MSC Salmon Fingers with Chips and Tomato Sauce
	Option 2	Vegan Meatballs in Tomato Sauce with Rice	Vegetarian Burger (Quorn) in a Bun with Potato Wedges	Vegetable Loaf with Roasted New Potatoes and Gravy	Vegetable Lasagne with Garlic Bread	Mexican Bean Roll with Chips
	Vegetables	Peas Mixed Peppers	Baked Tomatoes Sweetcorn	Carrots Cabbage	Green Beans Cauliflower	Baked Beans Garden Peas
		Lemon & Berry Cake	Ice Cream with Fruit Salad	Chocolate Shortbread with Yoghurt	Sticky Toffee Apple Crumble & Custard	Jelly with Mandarins
Week Two **13/06** **04/07** **29/08** **19/09** **10/10**	Option 1	Macaroni Cheese	* Pasta Bake (made with Beef)	* Roast Chicken with Roast Potatoes, Stuffing and Gravy	* Chicken Wraps with Rice	MSC Fish in Batter with Chips and Tomato Sauce
	Option 2	BBQ Quorn with Rice	Lentil & Basil Whirl with New Potatoes	Vegetable Wellington with Roast Potatoes and Gravy	Tomato Pasta	Cheese & Vegetable Omelette with Chips
	Vegetables	Sweetcorn Broccoli	Carrots Cauliflower	Fresh Mixed Vegetables	Sweetcorn Broccoli	Baked Beans Garden Peas
	Dessert	Apple Crumble with Cream	Chocolate & Mandarin Cake with Chocolate Sauce	Jelly with Mandarins	Yoghurt & Raisin Cake	Ice Cream with Peaches
Week Three **20/06** **11/07** **05/09** **26/09** **17/10**	Option 1	Cheese & Tomato Pizza	* Beef Lasagne with Garlic Bread	* Roast Beef with Roast Potatoes and Gravy	* Pork Sausages with Potato Wedges	MSC Fish Fingers with Chips and Tomato Sauce
	Option 2	Tomato Pasta	Vegetable Wraps with Rice	Quorn Roast with Roast Potatoes and Gravy	Veggie Sausages with Potato Wedges	Cheese & Bean Pasty with Chips
	Vegetables	Broccoli Sweetcorn	Roasted Vegetables Green Beans	Carrots Roasted Parsnips	Sweetcorn Baked Tomatoes	Baked Beans Garden Peas
	Dessert	Lemon Drizzle Cake	Fresh Fruit Salad with Cream	Vanilla Shortbread with Yoghurt	Jelly with Peaches	Chocolate & Apple Cake with Chocolate Sauce

Available Daily:
- Freshly cooked Jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

*** Halal Option Available**

ALLERGY INFORMATION: If you child has an allergy or intolerance, please ask the school 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. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross-contamination.