

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

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 30 th Oct 20 th Nov 11 th Dec 2 nd Jan 22 nd Jan 19 th Feb 12 th March	Main	Sausages * with Mash & Gravy	Cottage Pie with Gravy	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Chicken Tikka with Rice	Fish Fingers or Salmon Nuggets with Chips & Homemade Tomato Sauce
	Vegetarian	Quorn Sausages & Mash with Gravy	Sweet & Sour Quorn & Vegetables with Noodles	Quorn Roast with Roast Potatoes and Gravy	Creamy Vegetable Pie with Mash Potato Topping	Macaroni Cheese with Garlic Slice
	Dessert	Cauliflower Peas Wholemeal Plum & Vanilla Crumble with Custard Yoghurt Fresh Fruit Platter	Carrots Green Beans Apple & Raisin Flapjack with Milk Yoghurt Fresh Fruit Platter	Savoy Cabbage Swede Carrot and Courgette Cake with Milk Yoghurt Fresh Fruit Platter	Sweet corn Roasted Fresh Peppers Fresh Apple Pie & Custard Yoghurt Fresh Fruit Platter	Baked Beans Garden Peas Lemon & Berry Drizzle Cake Yoghurt Fresh Fruit Platter
Week 2 6 th Nov 27 th Nov 18 th Dec 8 th Jan 29 th Jan 26 th Feb 19 th March	Main	Beef Burger with Jacket Wedges & Homemade Tomato Sauce	Chicken Neapolitan Wholemeal Pasta	Roast Beef with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Fish Fingers with Chips
	Vegetarian	Vegetable Lasagne Jacket Wedges	Lentil & Vegetable Pasty with New Potatoes	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Lentil & Sweet Potato Curry with Rice	Cheese & Tomato Quiche with Chips
	Dessert	Coleslaw Sweet corn Orange Bread & Butter Pudding with Custard Yoghurt Fresh Fruit Platter	Broccoli Carrots Banana Loaf with Custard Yoghurt Fresh Fruit Platter	Carrots Courgettes Vanilla Shortbread with Fresh Fruit Chunks & Milk Yoghurt Fresh Fruit Platter	Roasted Mixed Vegetables Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Baked Beans Garden Peas Chocolate & Beetroot Brownie with Milk Yoghurt Fresh Fruit Platter
Week 3 13 th Nov 4 th Dec 15 th Jan 5 th Feb 5 th March 26 th March	Main	Minced Beef and Onion Pie with Mash Potatoes	BBQ Chicken Pizza with Jacket Wedges	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne	MSC Breaded or Battered Fish with Chips
	Vegetarian	Vegetable Wholemeal Pasta Bake	Bean Vegetable Chilli with Rice	Vegetable & Butter Bean Cobbler with Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Cheese & Tomato Pizza with Chips
	Dessert	Green Beans Glazed carrots Rice Pudding with Mixed Berry Compote Yoghurt Fresh Fruit Platter	Roasted Butternut Squash Curly Kale Pear Sponge with Custard Yoghurt Fresh Fruit Platter	Savoy Cabbage Mashed Swede Cheese, Apple and Biscuits Yoghurt Fresh Fruit Platter	Broccoli Sweetcorn Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Platter	Garden Peas Baked Beans Pineapple Upside Cake with Custard Yoghurt Fresh Fruit Platter



*Halal Sites – Chicken Sausage
All other Sites – School Selection

Available Daily)
Bread freshly baked on site daily
Daily salad selection
Fresh fruit and yoghurt

Daily Menu Offer

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Each day Caterlink provide a balanced menu choice for children at your school.

They have the choice from the following each day

Main course which is either a vegetarian, meat or fish
With
Carbohydrate such as potato, rice or pasta
And
Two vegetables which they can have as much as they like

In addition they also have available
Free flowing salad bar, and homemade bread.
Dessert is as advertised or fresh fruit and yogurt