

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

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Hot Dogs with Homemade Tomato Sauce and Homemade Jacket Wedges	Wholemeal Ham and cheese Pizza with Baked Potato	Roast Turkey & stuffing with Roast Potatoes and Gravy	Beef Goulash with mash potato	MSC Breaded Fish With Chipped Potatoes, Tomato Sauce
Week 1	Vegetarian	Chinese vegetarian spring roll with oven baked new potatoes	Lentil and vegetable curry with rice	Cheese & Pepper Whirl with Roast Potatoes	Macaroni Cheese with Tomato topping Garlic bread	Glamorgan Sausage with Chipped Potatoes
01-Jan		Sweetcorn Green Beans	Cauliflower Peas	Carrots Shredded Cabbage	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
22-Jan						
19-Feb						
12-Mar	Dessert	Fruit Yoghurt and Shortbread	Peach Crumble and custard	Apple, Cheese and Biscuits	Pineapple upside down Cake with Custard	Pear & Ginger Muffin
Week 2	Main	Chicken Chow Mein	Macaroni Pastitsio with Garlic bread	Roast Chicken & stuffing Roast Potatoes and Gravy	Beef meatballs in a tomato sauce with Rice	MSC Battered Fish Chipped Potatoes, Tomato Sauce
Week 2	Vegetarian	Vegetable Wholemeal Pasta Bake	Wholemeal spinach & Tomato Quiche with new potatoes	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Creamy Vegetable Pie with Mash Potato	Cheese and Tomato Pizza with Chipped Potatoes
08-Jan		Tomato & Red Onion Slaw Green Salad	Roasted Vegetables	Broccoli Sliced Carrots	Baked Tomatoes Sweet corn	Baked Beans Garden Peas
29-Jan						
26-Feb						
19-Mar	Dessert	Apple and Raisin flapjack	Pear sponge with custard	Vanilla shortbread with Natural Yogurt	Wholemeal Peach Crumble & Custard	Chocolate and Orange Brownie
Week 3	Main	Beef Burger in a Bun with Oven Baked New Potatoes	Turkey & Leek Pie with Mash Potato	Roast Gammon with Roast Potatoes and Gravy	Beef Tortilla stack with Herby diced potatoes	MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
Week 3	Vegetarian	Potato and courgette layer bake	Mixed Bean Cassoulet with Mash Potato	Vegetarian Wellington with Roast Potatoes	Chick Pea Aloo Chaat with Rice	Cheese Tomato & Spinach Frittata with Chipped Potatoes
15-Jan		Broccoli Sweetcorn	Cauliflower Green Beans	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
05-Feb						
05-Mar						
26-Mar	Dessert	Lemon drizzle cake	Jelly with a side of Mandarins	Rice Pudding	Plum and Vanilla crumble crumble and custard	Lemon & Cucumber Cake



Available Daily
Freshly cooked jacket potatoes with a choice of fillings (where advertised)
Bread freshly baked on site daily
Daily salad selection
Fresh fruit and yoghurt