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 01-Jan 22-Jan 19-Feb 12-Mar	**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
		Sweetcorn Green Beans	Caulilliflower Peas	Carrots Shredded Cabbage	Sweetcorn Mixed Pepper s	Baked Beans Garden Peas
	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 08-Jan 29-Jan 26-Feb 19-Mar	**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
		Tomato & Red Onion Slaw Green Salad	Roasted Vegetables	Broccoli Sliced Carrots	Baked Tomatoes Sweet corn	Baked Beans Garden Peas
	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 15-Jan 05-Feb 05-Mar 26-Mar	**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
		Broccoli Sweetcorn	Cauliflower Green Beans	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
	Dessert	Lemon drizzle cake	Jelly with a side of Mandarins	Rice Pudding	Plum and Vanilla crumble crumble and custard	Lemon & Cucumber Cake

FOOD FOR LIFE
Soil Association

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