

**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 2018

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week 1</b>	<b>Main</b>	Vegetable enchiladas Jacket wedges	Sausage Pasta	Roast Gammon with roast Potatoes and Gravy	Chicken and sweetcorn pie with mashed potatoes	MSC Salmon Fishcake/ Fishfingers with Chips	
03-Sep	<b>Vegetarian</b>	Macaroni cheese	Veggie Toad in the hole Mashed potatoes	Quorn Roast with Roast Potatoes and Gravy	Veggie tortilla stack Potato wedges	Cheese and vegetable pasty	
24-Sep		Baked Tomatoes Peas	Peppers Green Beans	Carrot and Swede Mash	Sweet Corn Broccoli	Baked Beans Garden Peas	
15-Oct		<b>Dessert</b>	Wholemeal Apple Crumble & Custard Yoghurt Fresh Fruit Platter	Chocolate Cocoa Cookie Yoghurt Fresh Fruit Salad	Carrot and Courgette Cake & Custard Yoghurt Fresh Fruit Platter	Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station
12-Nov							
03-Dec							
<b>Week 2</b>	<b>Main</b>	Beef Meatballs in Tomato Sauce with Rice	Chicken and Broccoli Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Breaded Fish with Chips	
10-Sep	<b>Vegetarian</b>	Soya Mince Lasagne Jacket Wedges	Quorn Mince Bolognaise with Spaghetti	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Chickpea Aloo Chaat with Rice	Wholemeal Cheese & Tomato Quiche with Chips	
01-Oct		Coleslaw Sweet Corn	Peas Carrots	Broccoli Cauliflower	Roasted Mixed Vegetables	Baked Beans Garden Peas	
22-Oct	<b>Dessert</b>	Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Pineapple Loaf Yoghurt Fresh Fruit Chunks	Chocolate & Banana Oaty Square Yoghurt Fresh Fruit Salad	Oaty Peach Crumble with Custard Yoghurt Fresh Fruit Platter	Yoghurt and Fruit Station	
19-Nov							
10-Dec							
<b>Week 3</b>	<b>Main</b>	Wholemeal Chicken and Red Pepper Pizza	Cottage Pie with Gravy	Roast Chicken with Stuffing with Roast Potatoes and Gravy Vegetable Wellington with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips	
17-Sep	<b>Vegetarian</b>	Five Bean Chilli with Rice	Shepherdess Pie		Red Pepper Frittata with New Potatoes	Wholemeal Cheese & Tomato Pizza with Chips	
08-Oct		Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Baked Beans Garden Peas	
05-Nov	<b>Dessert</b>	Mandarin Upside Down Cake Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks	Chocolate Sponge with Chocolate Drizzle Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station	
26-Nov							
17-Dec							



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