

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	Chicken Chow Mein	Macaroni Pastitsio	Roast (as advertised) With Roast Potatoes and Gravy	Beef Meatballs in a Tomato Sauce with Rice	MSC Breaded Fish With Chipped Potatoes, Tomato Sauce
Week 1	Vegetarian	Potato & Courgette Layer Bake	Wholemeal Spinach & Tomato Quiche with New Potatoes	Mixed Vegetable Loaf With Roast Potatoes and Gravy	Macaroni Cheese with Tomato topping	Glamorgan Sausage with Chipped Potatoes
01-Jan		Sweetcorn Green Beans	Courgettes in a tomato sauce Cauliflower	Carrot & Swede mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
22-Jan						
19-Feb	Dessert	Fruit Yoghurt and Shortbread	Apple and Mixed Berry Crumble & Custard	Apple, Cheese and Biscuits	Pineapple upside down Cake with Custard	Pear & Ginger Muffin
12-Mar						
Week 2	Main	Hot Dogs with Homemade Tomato Sauce and Homemade Jacket Wedges	Wholemeal Chicken and Red Pepper Pizza with Baked Potato	Roast Turkey with Roast Potatoes & Gravy	Beef Goulash with Rice	MSC Battered Fish Chipped Potatoes, Tomato Sauce
Week 2	Vegetarian	Vegetable Wholemeal Pasta Bake	Lentil and Vegetable Curry with Rice	Cheese & Pepper Whirl with Roast Potatoes	Quorn Mince Pasta Bolognaise	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	Dessert	Pear Crumble and Custard	Banana Sponge & Custard	Chocolate Cookie with Natural Yogurt	Apple & Berry Strudel with Custard	Chocolate and Orange Brownie
19-Mar						
Week 3	Main	Beef Burger in a Bun with Oven Baked New Potatoes	Turkey & Leek Pie with Mash Potato Topping	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack & Rice with Garlic Slice	MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
Week 3	Vegetarian	Chinese Vegetarian Spring Roll with Oven Baked New Potatoes	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	Dessert	Carrot & Sultana Cake with Custard	Tuti Fruity Tuesday	Jelly with a Side of Mandarins	Wholemeal Peach Crumble & Custard	Lemon & Cucumber Cake
26-Mar						



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

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 GOLD Menu 2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Chicken Chow Mein (made with free range chicken)	Macaroni Pastitsio (made with organic mince beef)	Roast (as advertised) With Roast Potatoes and Gravy	Beef Meatballs in a Tomato Sauce with Rice	MSC Breaded Fish With Chipped Potatoes, Tomato Sauce
Week 1	Vegetarian	Potato & Courgette Layer Bake	Wholemeal Spinach & Tomato Quiche with New Potatoes	Mixed Vegetable Loaf With Roast Potatoes and Gravy	Macaroni Cheese with Tomato topping	Glamorgan Sausage with Chipped Potatoes
01-Jan		Sweetcorn Green Beans	Courgettes in a tomato sauce Cauliflower	Carrot & Swede mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
22-Jan						
19-Feb						
12-Mar	Dessert	Fruit Yoghurt and Shortbread	Apple and Mixed Berry Crumble & Custard	Apple, Cheese and Biscuits	Pineapple upside down Cake with Custard	Pear & Ginger Muffin
Week 2	Main	Hot Dogs with Homemade Tomato Sauce and Homemade Jacket Wedges	Wholemeal Chicken and Red Pepper Pizza with Baked Potato (made with free range chicken)	Roast Turkey with Roast Potatoes & Gravy	Beef Goulash with Rice	MSC Battered Fish Chipped Potatoes, Tomato Sauce
Week 2	Vegetarian	Vegetable Wholemeal Pasta Bake	Lentil and Vegetable Curry with Rice	Cheese & Pepper Whirl with Roast Potatoes	Quorn Mince Pasta Bolognese	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	Pear Crumble and Custard	Banana Sponge & Custard	Chocolate Cookie with Natural Yogurt	Apple & Berry Strudel with Custard	Chocolate and Orange Brownie
Week 3	Main	Beef Burger in a Bun with Oven Baked New Potatoes	Turkey & Leek Pie with Mash Potato Topping	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack & Rice with Garlic Slice (made with organic mince beef)	MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
Week 3	Vegetarian	Chinese Vegetarian Spring Roll with Oven Baked New Potatoes	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	Carrot & Sultana Cake with Custard	Tuti Fruity Tuesday	Jelly with a Side of Mandarins	Wholemeal Peach Crumble & 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