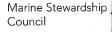
caterlink		AUTUMN MENU 2020				
feeding the	imagination	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE 31 Aug 21 Sep 12 Oct 9 Nov 30 Nov	Option 1	MEAT FREE MONDAY Chickpea Aloo Chaat with 50/50 Rice	Beef Burger with Potato Wedges	Roast (as advertised), Roast Potatoes or Mashed Potato & Gravy	Chicken & Broccoli Pasta Bake	MSC Breaded Fish with Chips or Couscous
	Option 2	Lentil & Sweet Potato Curry with 50/50 Rice	Quorn Burger with Potato Wedges	Lentil & Tomato Whirl, Roast Potatoes or Mashed Potatoes & Gravy	Macaroni Cheese	Vegetable & Red Kidney Bean Enchiladas with Chips or Couscous
	Vegetables	Cauliflower Broccoli	Mixed Salad Beetroot & Orange Salad	Peas Carrots	Vegetable Medley Red Cabbage	Baked Beans Peas
	Dessert	Fresh Fruit & Yoghurt Station	Peach Crumble with Custard Yoghurt / Fresh Fruit	Tutti Fruity & Yoghurt Yoghurt / Fresh Fruit	Apple Sponge with Custard Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station
WEEK TWO 7 Sep 28 Sep 19 Oct 16 Nov 7 Dec	Option 1	MEAT FREE MONDAY Pineapple, Cheese & Tomato Pizza	Soup day	Roast (as advertised), Roast Potatoes or Mashed Potatoes & Gravy	Beef & Bean Fajitas with 50/50 Rice	MSC Pollock & Salmon Cish Fingers with Chips or Couscous
	Option 2	Cheese & Tomato Pizza	Vegetable & Lentil Pasty with Mashed Potatoes	Quorn & Lentil Roast, Roast Potatoes or Mashed Potatoes & Gravy	Vegetable & Bean Fajitas with 50/50 Rice	Spanish Omelette with Chips or Couscous
	Vegetables	Sweetcorn Mixed Green Salad	Peas Broccoli	Sweetcorn Carrots	Summer Roasted Vegetables	Baked Beans Peas
	Dessert	Fresh Fruit & Yoghurt Station	Banana Sponge with Custard Yoghurt / Fresh Fruit	Tutti Fruity & Yoghurt Yoghurt / Fresh Fruit	Pear Crumble with Custard Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station
14 Sep 5 Oct 2 Nov 23 Nov 14 Dec	Option 1	HEAT FREE HONDAY : Jacket Potato	Beef Meatballs in Tomato Sauce with 50/50 Rice	Roast (as advertised), Roast Potatoes or Mashed Potato & Gravy	Lasagne Bolognaise with Mixed Salad	MSC Fish in Batter with Chips or Couscous
	Option 2	Vegetable & Apricot Tagine with Couscous	Vegetarian Meatballs in Tomato Sauce with 50/50 Rice	Vegetable Wellington, Roast Potatoes or Mashed Potato & Gravy	Vegetable & Lentil Lasagne with Mixed Salad	Red Pepper & Cheese Frittata with Chips or Couscous
	Vegetables	Sweetcorn Carrots	Cucumber Sticks Carrot Sticks	Sweetcorn & Pea Mix Cabbage	Cauliflower Broccoli	Frittata with Chips or Couscous Baked Beans Peas Fresh Fruit & Yoghurt Station
	Dessert	Fresh Fruit & Yoghurt Station	Carrot & Courgette Cake with Custard Yoghurt / Fresh Fruit	Tutti Fruity & Yoghurt Yoghurt / Fresh Fruit	Pear & Strawberry Crumble with Custard Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station

Added Plant Power

Vegan







Council www.msc.org Chair of Custody Reg Code: MML-C1009

Available Daily

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

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. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.