

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 Basic Spring 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Vegetable Bean Fajitas Served with Lemon and Parsley Couscous	Chicken and Tomato Pasta	Roast (as advertised) and Gravy	Chicken Noodles	MSC Breaded Fish and Tomato Sauce
	Vegetarian	Vegetable & Butter Bean Cobbler	Vegetable Pasta Bake	Cheese & Pepper Whirl	Vegetable Noodles	Glamorgan Sausage
	Vegetables	Sweetcorn Green Beans	Baked Tomatoes Peas	Carrot Swede mash Roast Potatoes New Potatoes	Sweetcorn Mixed Pepper	Baked Beans Garden Peas Chips New Potatoes
	Dessert	Apple & Strawberry Cobbler	Pear Crumble (WM) and Custard	Apple, Cheese and Biscuits	Pineapple Upside down Cake with Custard	Yoghurt and Fruit Station
Week 2	Main	Veggie Hot Dog & Tomato Sauce	Chicken Curry with Rice 50/50	<i>Tomato soup and baguette</i>	Spaghetti Bolognise	MSC Battered Fish and Tomato Sauce
	Vegetarian	Bean & Lentil Burger served in a Roll	Vegetable and Apricot Tagine with Rice 50/50		Macaroni Cheese	Chickpea & Vegetable Hot Pot
	Vegetables	Coleslaw Green Salad Jacket Wedges New Potatoes	Broccoli Sliced Carrots	Red Cabbage Green Beans Roast Potatoes New Potatoes	Peppers Sweetcorn	Baked Beans Garden Peas Chips Parsley Potatoes
	Dessert	Fruit Shortbread	Carrot & Courgette Cake served with Custard	Apple, Cheese and Biscuits	Mixed Fruit Crumble (WM) & Custard	Yoghurt and Fruit Station
Week 3	Main	Cheese and Tomato Pizza (WM)	Beef Lasagne	Roast (as advertised) and Gravy	<i>Jacket potato with fillings</i>	MSC Salmon Fish Fingers and Tomato Sauce
	Vegetarian	Vegetable Toad in the hole	Vegetable Lasagne	Vegetable Wellington and Gravy		Spanish Omelette
	Vegetables	Sweetcorn Green Beans Jacket Wedges New Potatoes	Broccoli Tomatoes	Shredded Cabbage Carrots Parsley Potatoes Roast Potatoes	Roasted Vegetable Medley	Baked Beans Garden Peas Couscous Chips
	Dessert	Oaty Peach Crumble and Custard	Mandarins & Ice Cream	Apple, Cheese and Biscuits	Lemon & Mixed Berry Cake	Yoghurt & Fruit Station

Available Daily

Freshly cooked jacket potatoes with a choice of fillings (where advertised)

Bread freshly baked on site daily