

**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 2019



		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Spiced vegetable and Quorn	Chicken Arrabiata Pasta With Homemade Garlic Bread	Roast of the Day with Gravy	Chilli con carne With Rice	MSC Salmon Fishcake/ Fish fingers
03/09	<b>Vegetarian</b>	Quorn Sausage Hot Dog	Macaroni Cheese With Homemade Garlic bread	Mixed Vegetable Loaf	Five Bean Chilli	Spicy Bean Burger
23/09		Sweetcorn Coleslaw Jacket Potato Wedges	Green Beans Carrots	Cauliflower or Broccoli Roast Potatoes or Rice	Roasted Mixed Vegetables	Baked Beans Garden Peas Chips
14/10		Orange Drizzle Cake Fresh Fruit yoghurt	Carrot and Courgette Cake Fresh Fruit	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Platter	Fruit Strudel with Custard Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station
11/11	<b>Dessert</b>					
02/12						
<b>Week 2</b>	<b>Main</b>	Roasted Vegetable Pizza	Cottage Pie With gravy	Roast of the Day with Gravy	Chicken Tagine and rice	MSC Breaded Fish fingers with Chips
09/09	<b>Vegetarian</b>	Cheese & Tomato Pizza	Vegetarian Cottage Pie	Vegetable Wellington with Gravy	Lentil and sweet potatoes Curry and rice	Red Pepper & Cheese Frittata
30/09		Peppers Green Beans New Potatoes Couscous	Peas Carrots	Cabbage Cauliflower Roast Potatoes or Boiled potatoes	Roasted Mixed Vegetables	Baked Beans Garden Peas Chips
28/10		Pear Crumble with Custard Yoghurt Fresh Fruit Platter	Shortbread Yoghurt Fresh Fruit Chunks	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Salad	Oaty Peach Crumble with Custard Yoghurt Fresh Fruit Platter	Yoghurt and Fruit Station
18/11	<b>Dessert</b>					
09/12						
<b>Week 3</b>	<b>Main</b>	Quorn and Vegetable Stir Fry	Cottage Pie with Gravy	Roast of the Day With Stuffing with Gravy	Beef Lasagne With Garlic Bread	MSC Breaded Fish Fingers With Chips
16/09	<b>Vegetarian</b>	Soya Bolognaise with Pasta	Chickpea and vegetable Hot Pot	Quorn Roast with Gravy	Vegetable pasta Bake with Garlic Bread	Vegetable & Bean Fajitas
07/10		Peas Carrots	Sweetcorn Broccoli	Mixed Vegetables Roast Potatoes or Boiled Potatoes	Roasted Vegetables Green Beans	Baked Beans Garden Peas Chips or Rice
04/11		Banana Loaf Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks	Mandrin Sponge with vanilla Sauce Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station
25/11	<b>Dessert</b>					
16/12						

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

Bread freshly baked on site daily

Daily salad selection

