

**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>	Sausage Pasta Bake	Chicken and Ginger Stir Fry with Noodles	Roast (as advertised) with Gravy	Chicken Paella	MSC Fish Fingers
	<b>Vegetarian</b>	Vegetarian Sausage Pasta Bake	Quorn Chow Mein with Noodles	Potato and Courgette Layer Bake	Lentil and sweet Potato Curry with Rice	Vegetable Enchiladas
	03-Sep	Baked Tomatoes Peas	Peppers Green Beans	Carrot and Swede Mash Roast Potatoes or Garlic Slice	Sweet corn Broccoli	Baked Beans Garden Peas Chips or Rice
	24-Sep					
	15-Oct					
12-Nov						
03-Dec	<b>Dessert</b>	Wholemeal Apple Crumble & Custard Yoghurt Fresh Fruit Platter	Chocolate & Beetroot Cake Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Platter	Fruit Strudel with Custard Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station
<b>Week 2</b>	<b>Main</b>	Spaghetti Beef Bolognese	Chicken and Broccoli Pasta Bake	Roast (as advertised) with Gravy	Beef Meatballs in Tomato sauce and rice	MSC Fish Fingers
	<b>Vegetarian</b>	Vegetable Bolognese	Broccoli Pasta Bake served with butter beans	Mixed Vegetable Loaf with Gravy	Vegetarian meat Balls in a Tomato sauce and rice	Wholemeal Cheese & Tomato Quiches served
	10-Sep	Coleslaw Sweet corn	Peas Carrots	Broccoli Cauliflower Roast Potatoes or Boiled potatoes	Roasted Mixed Vegetables	Baked Beans Garden Peas Chips or New Potatoes
	01-Oct					
	22-Oct					
19-Nov						
10-Dec	<b>Dessert</b>	Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Pineapple Loaf 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
<b>Week 3</b>	<b>Main</b>	Wholemeal Chicken and Red Pepper Pizza with Jacket Wedges	Cottage Pie with Gravy	Roast (as advertised) with Gravy	Beef Lasagne served with Garlic Bread	MSC Fish Fingers
	<b>Vegetarian</b>	Wholemeal Cheese & Tomato Pizza with Jacket Wedges	Vegetable & Butter Bean Cobbler	Vegetable Wellington with Gravy	Soya Mince Lasagne with Garlic Bread	Five Bean Chilli
	17-Sep	Sweet corn Mixed Peppers	Green Beans Glazed carrots Mashed Potato	Savoy Cabbage Sweetcorn Roast Potatoes or Boiled Potatoes	Broccoli Tomato Salad	Baked Beans Garden Peas Chips or Rice
	08-Oct					
	05-Nov					
26-Nov						
17-Dec	<b>Dessert</b>	Mandarin Upside Down Cake served with custard Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks	Chocolate & Banana Oaty Square Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station

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

