

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.

Summer Silver Menu 2019



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	50% Plant Based Spaghetti Bolognese	Sausages with mashed Potato and Gravy	Roast (as advertised) with Gravy	Chicken and Bean Fajitas with Rice	Salmon Fish Finger/Fish Fingers, served Tomato Sauce
	Vegetarian	50/50 Pasta Neapolitan with Spinach	Quorn Sausages with mashed Potato and Gravy	Mixed Vegetable Loaf with Gravy	Vegetable & Bean Fajitas with Rice	Homemade wholemeal cheese & tomato Quiche
		Carrots Broccoli	Sweetcorn Green Beans	Fresh Mixed Seasonal Vegetables Roast Potatoes New Potatoes	Roasted Vegetables	Baked Beans Garden Peas Chips New Potatoes
	Dessert	Fruit Short bread	Vanilla, Lime and Butterbean Cake Yoghurt Fresh Fruit Salad	Cheese & Biscuits Yoghurt Fresh Fruit Platter	Pear Crumble served with Custard Yoghurt Fresh Fruit Salad	Fruit and Yoghurt Station
Week 2	Main	Beef Burger in a Bun with Baked Jacket Wedges	BBQ Chicken with 50/50 Rice	Roast (as advertised) with Gravy	Lasagne with Garlic Bread	MSC Fish Fingers, served with Tomato Sauce
	Vegetarian	Quorn Burger in a Bun with Baked Jacket Wedges	Macaroni Cheese	Lentil and Basil Puff Pastry Turnover with Gravy	Vegetarian Fajitas with 50/50 Rice	Vegetable Enchiladas
		Fresh roasted vegetables	Green Beans Carrots	Fresh Mixed Seasonal Vegetables Roast Potatoes Boiled Potatoes	Broccoli Sweet corn	Garden Peas Baked Beans Chips Lemon & Parsley Couscous
	Dessert	Banana Loaf	Oaty Peach Crumble served with Custard Yoghurt Fresh Fruit Platter	Cheese & Biscuits Yoghurt Fresh Fruit Platter	Peach Upside Down Cake with Custard Yoghurt Fresh Fruit Platter	Fruit and Yoghurt Station
Week 3	Main	Wholemeal BBQ chicken Pizza with New Potatoes	50% Plant Based Chicken Tikka Masala with Rice & Curry Bread	Roast Chicken & Stuffing with Gravy	Minced Beef Pasta Bake 50/50 Served with a Garlic Slice	MSC Fish Fingers, served with Tomato Sauce
	Vegetarian	Wholemeal Cheese and Tomato Pizza with New Potatoes	Lentil and Sweet Potato Curry with Rice & Curry Bread	Vegetable Wellington with Gravy	Vegetable Pasta Bake 50/50 served with a Garlic Slice	Spanish Omelette, served with Tomato Sauce
		Sliced Carrots and Green Beans	Mixed Vegetables	Broccoli and Cauliflower Roast Potatoes New Potatoes	Roasted vegetables	Baked Beans Garden Peas Chips New Potatoes
	Dessert	Blackberry & Apple Cobbler	Ice cream & Peaches Yoghurt Fresh Fruit Platter	Cheese & Biscuits Yoghurt Fresh Fruit Platter	Wholemeal Apple Crumble served with custard Yoghurt Fresh Fruit Platter	Fruit and Yoghurt Station