

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 2017

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Sausages with Mash & Gravy	Cottage Pie with Gravy	Roast Chicken Drumsticks with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Fish finger or MSC Salmon Fishcake with Chips
	Vegetarian	Quorn Sausages & Mash with Gravy	Broccoli Pasta Bake	Quorn Roast with Roast Potatoes and Gravy	Quorn and Vegetable Curry	Vegetable Fajitas with Chips
		Broccoli Roasted Vegetables	Carrots Green Beans	Savoy Cabbage Swede	Sweet corn Peppers	Baked Beans Garden Peas
	Dessert	Wholemeal Plum & Vanilla Crumble with Custard Yoghurt Fresh Fruit Platter	Apple & Raisin Flapjack Yoghurt Fresh Fruit Salad	Rice Pudding with Berry Sauce Yoghurt Fresh Fruit Platter	Dutch Apple Pie & Custard Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Chunks
Week 2	Main	Chicken Neapolitan Wholemeal Pasta	Beef Burger with Jacket Wedges	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Fish Fingers with Chips
	Vegetarian	Vegetable Pasta Medley	Vegetarian Burger with Jacket Wedges	Lentil & Basil Puff Pastry with Roast Potato	Vegetarian Spaghetti Bolognese	Cheese & Tomato Pizza with Chips
		Broccoli Carrots	Roasted Butternut squash Sweet corn	Carrots Courgettes	Roasted Mixed Vegetables	Baked Beans Garden Peas
	Dessert	Pear Sponge with Custard Yoghurt Fresh Fruit Chunks	Orange Bread & Butter Pudding with Custard Yoghurt Fresh Fruit Platter	Vanilla Shortbread with Yoghurt Fresh Fruit Salad	Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Chunks
Week 3	Main	Minced Beef and Onion Pie with Mash Potatoes	BBQ Chicken Pizza with Jacket Wedges	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Lasagne	Jumbo Fish Fingers with Chips
	Vegetarian	Macaroni Cheese	Cheese & Tomato Pizza with Jacket Wedges	Vegetable Wellington with Roast Potatoes and Gravy	Vegetable Lasagne	Cheese & Tomato Quiche with Chips Lentil & Basil Puff Pastry Turnover with chips
		Sweet corn & Spinach Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Carrots	Garden Peas Baked Beans
	Dessert	Wholemeal Banana Loaf Yoghurt Fresh Fruit Platter	Lemon & Cucumber Cake/ Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks	Peach Crumble with Custard Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Platter

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

Daily Menu Offer

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Each day Caterlink provide a balanced menu choice for children at your school.

They have the choice from the following each day

Main course which is either a vegetarian, meat/fish or jacket potato option
With

Carbohydrate such as potato, rice or pasta

And

Two vegetables which they can have as much as they like

In addition they also have available

Free flowing salad bar, and homemade bread which is a self serve area

Dessert is as advertised or fresh fruit or yogurt