

**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



		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 Salmon Fishcake/ Fish fingers
03-Sep	<b>Vegetarian</b>	Vegetarian Sausage Pasta Bake	Quorn Chow Mein with Noodles	Vegetable Enchiladas	Lentil and sweet Potato Curry with Rice	Potato and Courgette Layer Bake
24-Sep						
15-Oct	<b>Dessert</b>	Baked Tomatoes Peas Wholemeal Apple Crumble & Custard Yoghurt Fresh Fruit Platter	Peppers Green Beans Chocolate & Beetroot Cake Yoghurt Fresh Fruit Salad	Carrot and Swede Mash Roast Potatoes or Rice Cheese, Apple and Biscuits Yoghurt Fresh Fruit Platter	Sweet corn Broccoli Fruit Strudel with Custard Yoghurt Fresh Fruit Salad	Baked Beans Garden Peas Chips or Garlic Slice Yoghurt and Fruit Station
12-Nov						
03-Dec						
<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 Breaded Fish with Chips
10-Sep	<b>Vegetarian</b>	Chickpea Aloo Chat served with Rice Coleslaw Sweet corn	<b>Broccoli Pasta Bake served with butter beans</b> Peas Carrots	Mixed Vegetable Loaf with Gravy Broccoli Cauliflower Roast Potatoes or Boiled potatoes	Vegetarian meat Balls in a Tomato sauce and rice Roasted Mixed Vegetables	Wholemeal Cheese & Tomato Quiches served Baked Beans Garden Peas Chips or New Potatoes
01-Oct						
22-Oct						
19-Nov	<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
10-Dec						
<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 Battered Fish
17-Sep	<b>Vegetarian</b>	Wholemeal Cheese & Tomato Pizza with Jacket Wedges Sweet corn Mixed Peppers	Vegetable & Butter Bean Cobbler Green Beans Glazed carrots Mashed Potato	Vegetable Wellington with Gravy Savoy Cabbage Sweetcorn Roast Potatoes or Boiled Potatoes	Soya Mince Lasagne with Garlic Bread Broccoli Tomato Salad	Five Bean Chilli Baked Beans Garden Peas Chips or Rice
08-Oct						
05-Nov						
26-Nov	<b>Dessert</b>	Mandarin Upside Down Cake served with custard Yoghurt	Rice Pudding with Mixed Berries Yoghurt	Cheese, Apple and Biscuits Yoghurt	Chocolate & Banana Oaty Square Yoghurt	Yoghurt and Fruit Station
17-Dec						



Soil Association