

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

Summer Silver Menu 2019



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