

Daily Menu Offer

caterlink
feeding the imagination

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



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.

Silverdale
Autumn 2017

caterlink
feeding the imagination

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



Freshly cooked, served hot, with a choice of fillings (where appropriate)

Available Daily