

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.

Spring Silver Menu 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1						
07-Jan	Main	Beef Lasagne with Garlic Slice	Wholemeal Chicken & Red Pepper Pizza with Homemade Cajun Wedges	Roast Chicken with Roast Potatoes and Gravy	Shepherd's Pie	MSC Fillet of Fish in Batter with Oven Baked Chips and Tomato Sauce
28-Jan	Vegetarian	Vegetable Lasagne with Garlic Slice (v)	Margherita Pizza with Homemade Cajun Wedges (v)	Mixed Vegetable Loaf with Roast Potatoes and Gravy (v)	Shepherdess Pie (v)	Glamorgan Bean and Leek Sausage with Oven Baked Chips
25-Feb	3rd Option	Jacket Potato and Choice of Filling	Vegetable Pasta Bake (No Cheese) (v)	Lentil & Basil Puff Pastry Turnover (v)	Pasta Arrabiata (v)	Vegetable and Cheese Pasty with Oven Baked Chips (v)
18-Mar	Vegetables	Sweetcorn Baked Beans	Carrots Broccoli	Roasted Seasonal Vegetables Spring Greens	Cauliflower Carrots	Baked Beans Garden Peas
	Dessert	Peach Crumble and Custard	Lemon and Cucumber Cake with Lemon Custard	Apple, Cheese & Biscuits	Pineapple Upside Down Cake and Custard	Chocolate and Orange Brownie and Ice Cream
Week 2						
14-Jan	Main	Chilli Con Carne with Rice	Jerk Chicken with Roasted New Potatoes and Gravy	Roast Turkey with Roast Potatoes and Gravy	Chicken Curry with Rice	MSC Fish Fingers with Oven Baked Chips and Tomato Sauce
04-Feb	Vegetarian	Vegetable Chilli Con Carne (Soya Mince) with Rice (v)	Wholemeal Cheese & Leek Quiche with Roasted New Potatoes (v)	Vegetable and Leek Pie (Creamed Potato Top) with Gravy (v)	Lentil & Sweet Potato Curry with Rice (v)	Cheese, Tomato & Spinach Frittata and Oven Baked Chips (v)
04-Mar	3rd Option	Vegetarian Enchiladas with Rice (v)	Jacket Potato with a Choice of Filling (v)	Cheese & Pepper Whirl with Roast Potatoes (v)	Vegetable Pasta Bake (v)	Vegetable Stuffed Jacket Potato (v)
25-Mar	Vegetables	Garden Peas Carrots	Broccoli Sweetcorn	Cauliflower Peas	Green Beans Carrots	Baked Beans Garden Peas
	Dessert	Carrot and Courgette Cake and Custard	Peach Upside Down Cake & Custard	Feathered Iced Marble Sponge	Wholemeal Apple Crumble & Custard	Apple & Raisin Flapjack and Ice Cream
Week 3						
21-Jan	Main	Chicken Sausages with Creamed Potatoes & Onion Gravy	Beef Tortilla Stack with Rice	Roast of Choice, Roast Potatoes and Gravy	Jollof Rice with chicken	MSC Fillet of Fish in Breadcrumbs with Oven Baked Chips and Tomato Sauce
11-Feb	Vegetarian	Quorn Vegetarian Sausages with Creamed Potatoes & Onion Gravy (v)	Macaroni Cheese (v)	Potato and Courgette Layer Bake (v)	Jollof Rice with Quorn and Mixed Beans (v)	Bean and Lentil Burger with Oven Baked Chips (v)
11-Mar	3rd Option	Creamy Salmon Pasta Bake	Chinese Vegetarian Spring Roll with Rice (v)	Vegetarian Wellington with Roast Potatoes and Gravy (v)	Wholewheat Pasta Neapolitan and Spinach (v)	Jacket Potato with a Choice of Filling
01-Apr	Vegetables	Garden Peas Sweetcorn	Cauliflower Carrots	Broccoli Carrots	Roasted Seasonal Vegetables Sweetcorn	Baked Beans Garden Peas
	Dessert	Pear Sponge with Custard	Chocolate & Mandarin Sponge with Chocolate Sauce	Apple and Mixed Berry Crumble with Custard	Lemon Drizzle Cake and Custard	Fruit Jelly and Ice Cream



Available Daily
Bread freshly baked on site
salad selection
Fresh fruit and yoghurt