

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 2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Chicken & Broccoli Pasta Bake	Beef Chow Mein Stir Fried Vegetables and Noodles	Roast Chicken with Roast Potatoes and Gravy	Shepherd's Pie	MSC Fillet of Fish in Batter with Oven Baked Chips and Tomato Sauce
01-Jan	Vegetarian	Wholemeal Vegetable Pasta Bake (v)	Quorn Chow Mein Stir Fried Vegetables and Noodles (v)	Mixed Vegetable Loaf with Roast Potatoes and Gravy (v)	Shepherdess Pie (v)	Glamorgan Bean and Leek Sausage with Oven Baked Chips
22-Jan	3rd Option	Vegetable Cottage Pie(v)	Jacket Potato with Choice of Filling (v)	Lentil & Basil Puff Pastry Turnover (v)	Pasta Arrabiata (v)	Vegetable and Cheese Pasty with Oven Baked Chips (v)
19-Feb	Vegetables	Carrots Garden Peas	Sweetcorn & Pepper Mix Broccoli	Roasted Seasonal Vegetables Spring Greens	Cauliflower Carrots	Baked Beans Garden Peas
12-Mar	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 Custard
Week 2	Main	Chilli Con Carne with Rice	Jerk Chicken with New Potatoes and Gravy	Roast Turkey with Roast Potatoes and Gravy	Chicken Curry with Rice	Fish Fingers with Oven Baked Chips and Tomato Sauce
08-Jan	Vegetarian	Vegetable Chilli Con Carne (Soya Mince) with Rice (v)	Wholemeal Cheese & Leek Quiche with 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)
29-Jan	3rd Option	Vegetarian Enchiladas with Rice (v)	Spring Vegetable Risotto (v)	Cheese & Pepper Whirl with Roast Potatoes (v)	Vegetable Pasta Bake (v)	Vegetable Stuffed Jacket Potato(v)
26-Feb	Vegetables	Garden Peas Carrots	Broccoli Sweetcorn	Cauliflower Peas	Green Beans Carrots	Baked Beans Garden Peas
19-Mar	Dessert	Carrot and Courgette Cake and Custard	Peach Upside Down Cake & Custard	Fruit Jelly and Ice Cream	Wholemeal Apple Crumble & Custard	Fruit Yoghurt and Shortbread
Week 3	Main	Chicken Sausages with Creamed Potatoes & Onion Gravy	Wholemeal Chicken & Red Pepper Pizza with Homemade Cajun Wedges	Roast of Choice, Roast Potatoes and Gravy	Beef Tortilla Stack with Rice	Fishwich with Oven Baked Chips and Tomato Sauce
15-Jan	Vegetarian	Quorn Vegetarian Sausages with Creamed Potatoes & Onion Gravy (v)	Margherita Pizza with Homemade Cajun Wedges (v)	Potato and Courgette Layer Bake (v)	Macaroni Cheese (v)	Bean and Lentil Burger with Oven Baked Chips (v)
05-Feb	3rd Option	Creamy Salmon Pasta Bake	Jacket Potato and Choice of Filling (v)	Vegetarian Wellington with Roast Potatoes and Gravy (v)	Chinese Vegetarian Spring Roll with Rice(v)	Cheese & Tomato Pizza with Oven Baked Chips(v)
05-Mar	Vegetables	Carrots Green Beans	Baked Beans Sweetcorn	Broccoli Carrots	Roasted Seasonal Vegetables Sweetcorn	Baked Beans Garden Peas
26-Mar	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