

**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

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Sausage Pasta Bake	Chicken Tikka with 50/50 Rice	Roast (as advertised) with Roast Potatoes and Gravy	Macaroni Cheese with Garlic Slice	MSC Salmon Fishcake/ Fishfingers with Chips
03-Sep	<b>Vegetarian</b>	Quorn Sausage Pasta Bake	Vegetable Enchiladas with 50/50 Rice	Vegetable Wellington with Roast Potatoes and Gravy	Sweet & Sour Vegetables with Noodles	Chickpea Aloo Chaat with 50/50 Rice
24-Sep		Baked Tomatoes Peas	Roasted Peppers & Onions Green Beans	Carrot and Swede Mash	Sweetcorn Broccoli	Baked Beans Garden Peas
15-Oct	<b>Dessert</b>	Wholemeal Apple Crumble & Custard	Breadsticks & Cheese	Yoghurt and Fruit Station	Apple & Raisin Strudel with Custard	Carrot and Courgette Cake & Custard
12-Nov		Yoghurt	Yoghurt		Yoghurt	Yoghurt
03-Dec		Fresh Fruit Platter	Fresh Fruit Salad		Fresh Fruit Salad	Fresh Fruit Platter
<b>Week 2</b>	<b>Main</b>	Vegetable Toad in the Hole with New Potatoes	Chicken and Broccoli Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Breaded Fish with Chips
10-Sep	<b>Vegetarian</b>	Vegetarian Butterbean Risotto	Lentil and Sweet Potato Curry & 50 /50 Rice	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Quorn Mince Bolognese with Spaghetti	Wholemeal Cheese & Tomato Quiche with Chips
01-Oct		Baked Tomatoes Sweetcorn	Green Beans Carrots	Broccoli Cauliflower	Roasted Mixed Vegetables	Baked Beans Garden Peas
22-Oct	<b>Dessert</b>	Eves Pudding with Custard	Cottage Cheese & Crackers	Yoghurt and Fruit Station	Oaty Peach Crumble with Custard	Chocolate & Banana Square
19-Nov		Yoghurt	Yoghurt		Yoghurt	Yoghurt
10-Dec		Fresh Fruit Platter	Fresh Fruit Chunks		Fresh Fruit Platter	Fresh Fruit Salad
<b>Week 3</b>	<b>Main</b>	Wholemeal Cheese and Tomato Pizza	Cottage Pie with Gravy	Roast Chicken with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips
17-Sep	<b>Vegetarian</b>	Five Bean Chilli with Rice	Shepherdess Pie	Quorn Roast with Roast Potatoes and Gravy	Soya Mince Lasagne	Red Pepper Frittata with With Chips
08-Oct		Sweetcorn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Cauliflower Florets	Broccoli Tomato Salad	Baked Beans Garden Peas
05-Nov	<b>Dessert</b>	Mandarin Upside Down Cake	Rice Pudding with Apple & Mixed Berries	Yoghurt and Fruit Station	Pear & Chocolate Sponge with Chocolate Drizzle	Cheese, Apple and Biscuits
26-Nov		Yoghurt	Yoghurt		Yoghurt	Yoghurt
17-Dec		Fresh Fruit Platter	Fresh Fruit Salad		Fresh Fruit Salad	Fresh Fruit Chunks

Available Daily  
Freshly cooked jacket potatoes with a choice of fillings (where advertised)  
Bread freshly baked on site daily  
Daily salad selection and chilled semi skimmed milk



03-Sep  
24-Sep  
15-Oct  
12-Nov  
03-Dec

10-Sep  
01-Oct  
22-Oct  
19-Nov  
10-Dec

17-Sep  
08-Oct  
05-Nov  
26-Nov  
17-Dec