

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 Basic Spring 2019

caterlink
feeding the imagination

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|-------------------|---|--|---|--|---|
| Week 1 | Main | Vegetable Bean Fajitas Served with Lemon and Parsley Couscous | Chicken and Tomato Pasta | Roast (as advertised) and Gravy | Chicken Noodles | MSC Breaded Fish and Tomato Sauce |
| | Vegetarian | Vegetable & Butter Bean Cobbler | Vegetable Pasta Bake | Cheese & Pepper Whirl | Vegetable Noodles | Glamorgan Sausage |
| | Vegetables | | Sweetcorn Green Beans | Baked Tomatoes Peas | Carrot Swede mash Roast Potatoes New Potatoes | Sweetcorn Mixed Pepper |
| | Dessert | Apple & Strawberry Cobbler | Pear Crumble (WM) and Custard | Apple, Cheese and Biscuits | Pineapple Upside down Cake with Custard | Yoghurt and Fruit Station |
| Week 2 | Main | Veggie Hot Dog & Tomato Sauce | Chicken Curry with Rice 50/50 | Roast (as advertised) and Gravy | Spaghetti Bolognaise | MSC Battered Fish and Tomato Sauce |
| | Vegetarian | Bean & Lentil Burger served in a Roll | Vegetable and Apricot Tagine with Rice 50/50 | Mixed Vegetable Roast | Macaroni Cheese | Chickpea & Vegetable Hot Pot |
| | Vegetables | Coleslaw Green Salad Jacket Wedges New Potatoes | Broccoli Sliced Carrots | Red Cabbage Green Beans Roast Potatoes New Potatoes | Peppers Sweetcorn | Baked Beans Garden Peas Chips Parsley Potatoes |
| | Dessert | Fruit Shortbread | Carrot & Courgette Cake served with Custard | Apple, Cheese and Biscuits | Mixed Fruit Crumble (WM) & Custard | Yoghurt and Fruit Station |
| Week 3 | Main | Cheese and Tomato Pizza (WM) | Beef Lasagne | Roast (as advertised) and Gravy | Chilli with Rice 50/50 | MSC Salmon Fish Fingers and Tomato Sauce |
| | Vegetarian | Vegetable Toad in the hole | Vegetable Lasagne | Vegetable Wellington and Gravy | Five Bean Chilli with Rice 50/50 | Spanish Omelette |
| | Vegetables | Sweetcorn Green Beans Jacket Wedges New Potatoes | Broccoli Tomatoes | Shredded Cabbage Carrots Parsley Potatoes Roast Potatoes | Roasted Vegetable Medley | Baked Beans Garden Peas Couscous Chips |
| | Dessert | Oaty Peach Crumble and Custard | Mandarins & Ice Cream | Apple, Cheese and Biscuits | Lemon & Mixed Berry Cake | Yoghurt & Fruit Station |

Available Daily

Freshly cooked jacket potatoes with a choice of fillings (where advertised)

Bread freshly baked on site daily