

NO MAYONNAISE AND NO BREAD

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.

Egg Free Silver
Menu Autumn
2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Sausage Pasta Bake	Chicken and Ginger Stir Fry with Rice (No Noodles)	Roast Gammon with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Salmon Fishcake/ Fish Fingers with Chips
	Vegetarian	Vegetarian Butterbean Risotto	Vegetable Enchiladas with Rice		Sweet & Sour Vegetables (No Quorn) with Rice (No Noodles)	Macaroni Cheese with Garlic Slice
	Side	Carrots Peas	Sweet Corn Green Beans	Carrot Cauliflower	Sweet Corn Broccoli	Baked Beans Garden Peas
	Dessert	Wholemeal Apple Crumble & Custard Yoghurt Fresh Fruit Platter	Chocolate Cocoa Cookie Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Platter	Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Salad
	03-Sep 24-Sep 15-Oct 12-Nov 03-Dec					
Week 2	Main	Beef Meatballs in Tomato Sauce with Rice	Chicken and Broccoli Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Breaded Fish with Chips
	Vegetarian	Vegetarian Tortilla Stack			Chickpea Aloo Chaat with Rice	
	Side	(No Coleslaw) Sweet Corn	Peas Carrots	Broccoli Cauliflower	Roasted Mixed Vegetables Sliced Green Beans	Baked Beans Garden Peas
	Dessert	Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Chunks	Chocolate & Banana Oaty Square Yoghurt Fresh Fruit Salad	Oaty Peach Crumble with Custard Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Salad
	10-Sep 01-Oct 29-Oct 19-Nov 10-Dec					
Week 3	Main		Cottage Pie with Gravy	Roast Chicken & Stuffing Roast Potatoes and Gravy	Beef Lasagne (No Garlic Bread)	MSC Battered Fish with Chips
	Vegetarian	Five Bean Chilli with Rice	Shepherdess Pie	Vegetable Wellington with Roast Potatoes and Gravy		
	Side	Sweet Corn Mixed Green Salad	Green Beans Glazed carrots	Savoy Cabbage Broccoli	Sweet Corn Tomato Salad	Baked Beans Garden Peas
	Dessert	Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks	Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Salad
	17-Sep 08-Oct 05-Nov 26-Nov 17-Dec					