

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.

Milk Free Silver
Menu Autumn
2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Sausage Pasta Bake (No Cheese)	Chicken and Ginger Stir Fry with Noodles	Roast Gammon with Roast Potatoes and Gravy	Chicken Tikka & Rice (No yoghurt in recipe)	MSC Salmon Fishcake/ Fishfingers with Chips
03-Sep	Vegetarian	Vegetarian Butterbean Risotto				
24-Sep						
15-Oct	Side	Baked Tomatoes Peas	Peppers Green Beans	Carrot and Swede Mash	Sweet Corn Broccoli	Baked Beans Garden Peas
12-Nov						
03-Dec	Dessert	Wholemeal Apple Crumble (No Custard, No Yoghurt) Fresh Fruit Platter	Chocolate Cocoa Cookie (No Yoghurt) Fresh Fruit Salad	Carrot and Courgette Cake (No Custard, No Yoghurt) Fresh Fruit Platter	Apple & Raisin Strudel (No Custard, No Yoghurt) Fresh Fruit Salad	Fresh Fruit (No Yoghurt)
Week 2	Main	Beef Meatballs in Tomato Sauce with Rice	Chicken and Broccoli Pasta Bake (No Cheese)	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Breaded Fish with Chips
10-Sep	Vegetarian		Quorn Mince Bolognese with Spaghetti	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Chickpea Aloo Chaat with Rice	
01-Oct						
29-Oct	Side	Coleslaw Sweet Corn	Peas Carrots	Broccoli Cauliflower	Roasted Mixed Vegetables	Baked Beans Garden Peas
19-Nov						
10-Dec	Dessert	Eves Pudding (No Custard, No Yoghurt) Fresh Fruit Platter	Pineapple Loaf (No Yoghurt) Fresh Fruit Chunks	Chocolate & Banana Oaty Square (No Yoghurt) Fresh Fruit Salad	Oaty Peach Crumble with (No Custard, No Yoghurt) Fresh Fruit Platter	Fresh Fruit (No Yoghurt)
Week 3	Main		Cottage Pie with Gravy	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Battered Fish with Chips
17-Sep	Vegetarian	Five Bean Chilli with Rice	Shepherdess Pie	Vegetable Wellington with Roast Potatoes and Gravy	Jacket Potato with Beans or Tuna	
08-Oct						
05-Nov	Side	Sweet Corn Mixed Peppers	Green Beans Glazed Carrots	Savoy Cabbage Sweet Corn	Broccoli Tomato Salad	Baked Beans Garden Peas
26-Nov						
17-Dec	Dessert	Mandarin Upside Down Cake (No Yoghurt) Fresh Fruit Platter	Fresh Fruit Salad (No Yoghurt)	Apple and Biscuits (No Cheese) (No Yoghurt) Fresh Fruit Chunks	Chocolate Sponge with Chocolate Drizzle Yoghurt Fresh Fruit Salad	Fresh Fruit (No Yoghurt)