

**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 Spring 2019

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 7 <sup>th</sup> Jan 28 <sup>th</sup> Jan 25 <sup>th</sup> Feb 18 <sup>th</sup> Mar  <b>Note:</b> School Closed 7 <sup>th</sup> , 8 <sup>th</sup> Jan and 18 <sup>th</sup> Mar	<b>Main</b>	Sausage and Mash	Macaroni Pastitsio	Roast (as advertised) With Roast Potatoes and Gravy	Chilli Con Carne with Rice	MSC Breaded Fish With Chipped Potatoes, Tomato Sauce
	<b>Vegetarian</b>	Vegetable Pasta Bake	Tomato Quiche with New Potatoes	Quorn Roast With Roast Potatoes and Gravy	Quorn Chilli and Rice	Vegetable Sausage with Chipped Potatoes
	<b>Vegetables</b>	Sweetcorn Green Beans	Baked Tomatoes Peas	Carrot & Swede mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
	<b>Dessert</b>	Apple & Strawberry Strudel with Custard, Natural Flavoured Yoghurt or Fresh Fruit	Lemon Cake Natural Flavoured Yoghurt or Fresh Fruit	Oaty Cookie Natural Flavoured Yoghurt or Fresh Fruit	Shortbread Natural Flavoured Yoghurt or Fresh Fruit	Jelly, Yoghurt and Fruit Station
<b>Week 2</b> 14 <sup>th</sup> Jan 4 <sup>th</sup> Feb 4 <sup>th</sup> Mar 25 <sup>th</sup> Mar	<b>Main</b>	Hot Dogs with Homemade Tomato Sauce and Homemade Jacket Wedges	Chicken and Sweetcorn Puff Pastry Pie with New Potatoes and Gravy	Roast Pork with Roast Potatoes & Gravy	Spaghetti Bolognese	MSC Battered Fish Chipped Potatoes, Tomato Sauce
	<b>Vegetarian</b>	Quorn Hot Dogs Chilli with Rice	Lentil and Vegetable Curry with Rice	Cheese & Pepper Whirl with Roast Potatoes	Quorn and Mixed Bean Cassoulet with Mash Potato	Cheese Tomato & Spinach Frittata with Chipped Potatoes
	<b>Vegetables</b>	Coleslaw Green Salad	Broccoli Sliced Carrots	Red Cabbage Green Beans	Peppers Sweetcorn	Baked Beans Garden Peas
	<b>Dessert</b>	Chocolate Shortbread, Natural Flavoured Yoghurt or Fresh Fruit	Banana Sponge & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Apple, Cheese and Biscuits, Natural Flavoured Yoghurt or Fresh Fruit	Wholemeal Mixed Fruit Crumble & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Ice Cream, Yoghurt and Fruit Station
<b>Week 3</b> 21 <sup>st</sup> Jan 11 <sup>th</sup> Feb 11 <sup>th</sup> Mar 1 <sup>st</sup> Apr	<b>Main</b>	Wholemeal BBQ Chicken Pizza with Potato Wedges	Beef and Vegetable Hotpot with Sliced Potatoes	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack & Rice	MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
	<b>Vegetarian</b>	Cheese Pizza	Creamy Vegetable Pasta Bake	Spiced Vegetable, Chickpea and Soya Pattie with Roast Potatoes and Gravy	Vegetable and Apricot Tagine with Couscous	Wholemeal Cheese and Tomato Pizza with Chipped Potatoes
	<b>Vegetables</b>	Sweetcorn Green Beans	Broccoli Baked Tomatoes	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
	<b>Dessert</b>	Sponge Cake and Custard, Natural Flavoured Yoghurt or Fresh Fruit	Lemon & Mixed Berry Cake, Natural Flavoured Yoghurt or Fresh Fruit	Ice Cream Natural Flavoured Yoghurt or Fresh Fruit	Chocolate and Mandarin Brownie, Natural Flavoured Yoghurt or Fresh Fruit	Jelly, Yoghurt & Fruit Station

Available  
 Tues and Thurs - Freshly cooked jacket potatoes with a choice of fillings  
 Bread freshly baked on site  
 Daily salad selection