

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 2019 GCC

caterlink
feeding the imagination

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|------------------------|--|---|--|--|---|
| Week 1 02.09.2019 23.09.2019 14.10.2019 11.11.2019 02.12.2019 | Main | Cheese & Tomato Pizza | Sausages & Mash | Roast Chicken and Stuffing with Roast Potatoes and Gravy | Chicken Pasta Bake | MSC Fish Fingers/Salmon Fish Fingers with Chips |
| | Vegetarian | Quorn Sausage with Potato Wedges | Five Bean Chilli with 50/ 50 Rice | Mixed Vegetable Loaf with Roast Potatoes and Gravy | Vegetable Cottage Pie with Gravy | Spinach & Tomato Quiche with Chips |
| | Jacket pot Soup | Jacket Potato with Beans | Tomato Soup with ½ filled baguette | Jacket Potato with Tuna | Vegetable Soup with ½ filled baguette | Jacket Potato with Cheese |
| | | Peas Coleslaw | Broccoli Sweetcorn | Cauliflower Carrot | Savoy Cabbage Sweetcorn | Baked Beans Peas |
| | Dessert | Pear sponge & Custard | Iced Sponge | Chocolate Shortbread | Apple Crumble with Custard | Apple, Cheese and Biscuits Fruit and Yoghurt |
| Week 2 09.09.2019 30.09.2019 21.10.2019 18.11.2019 09.12.2019 | Main | Roasted Vegetable Pizza | Cottage Pie with Gravy | Roast Gammon with Roast Potatoes and Gravy | Chicken Tagine with Couscous | MSC Fish in breadcrumbs with Chips |
| | Vegetarian | Vegetable Tagine with Couscous | Vegetarian Quorn Spaghetti Bolognese | Vegetarian Wellington with Roast Potatoes and Gravy | Macaroni Cheese | Red Pepper Frittata |
| | Jacket pot Soup | Jacket Potato with Beans | Tomato soup with ½ filled baguette | Jacket Potato with Tuna | Vegetable Soup with ½ filled baguette | Jacket Potato with Cheese |
| | | Carrots Green Beans | Peas Cauliflower | Cabbage Swede | Sweetcorn Green Beans | Baked Beans Peas |
| | Dessert | Fruit Crumble with Custard | Chocolate & Beetroot Brownie | Carrot Cake | Ginger Sponge with Custard | Apple, Cheese and Biscuits Fruit and Yoghurt |
| Week 3 16.09.2019 07.10.2019 04.11.2019 25.11.2019 16.12.2019 | Main | Cheese & Pepper Pizza | Chicken, Pie with Mashed Potato | Roast Pork with Roast Potatoes and Gravy | Spaghetti Bolognese with Garlic Bread | MSC Fish in Batter with Chips |
| | Vegetarian | Bean & Lentil Burger with New Potatoes | Roasted Cauliflower Curry with Rice | Quorn Fillet with Roast Potatoes and Gravy | Cheese & Pepper Whirl | Vegetable Pasta Bake |
| | Jacket Pot Soup | Jacket Potato with Beans | Tomato Soup with ½ filled baguette | Jacket Potato with Tuna | Vegetable Soup with ½ filled baguette | Jacket Potato with Cheese |
| | | Peas Carrot & Beetroot Slaw | Sweetcorn Green Beans | Carrots Broccoli | Sweetcorn Savoy Cabbage | Baked Beans Peas |
| | Dessert | Fruit Strudel with Custard | Apple Flapjack | Orange Drizzle Cake | Chocolate and Mandarin Sponge with Chocolate Sauce | Apple, Cheese and Biscuits Fruit and Yoghurt |