

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.

Spring
Menu 2019

caterlink
feeding the imagination

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------------------|--|---|---|--|--|
| Week 1 | Main | Sweet & Sour Chicken with Noodles | Beef Macaroni Pastitsio with Garlic Bread | Roast Pork with Roast Potatoes and Gravy | Beef Chilli Con Carne with Rice | MSC Breaded Fish Chipped Potatoes, Tomato Sauce |
| 31-Dec 21-Jan 11-Feb 11-Mar 01-Apr | Vegetarian | Vegetable Wholemeal Pasta Bake | Wholemeal Spinach & Tomato Quiche with New Potatoes | Vegetable Wellington | Macaroni Cheese | Glamorgan Sausage with Chipped Potatoes |
| | Side | Sweet Corn Green Beans | Peas Cauliflower | Carrot & Swede Mash Broccoli | Sweet Corn Green Salad | Baked Beans Garden Peas |
| | Dessert | Oaty Peach Crumble & Custard, Natural Flavoured Yoghurt or Fresh Fruit | Chocolate & Mandarin Brownie, Natural Flavoured Yoghurt or Fresh Fruit | Oaty Cookie, Natural Flavoured Yoghurt or Fresh Fruit | Pineapple Upside down Cake with Custard, Natural Flavoured Yoghurt or Fresh Fruit | Iced Sponge Yoghurt and Fruit Station |
| Week 2 | Main | Pork Sausages with Mashed Potato & Gravy | Chicken and Sweet Corn Puff Pastry Pie with New Potatoes | Roast Turkey with Roast Potatoes & Gravy | Beef Spaghetti Bolognaise with a Garlic Slice | MSC Battered Fish Chipped Potatoes, Tomato Sauce |
| 07-Jan 28-Jan 25-Feb 18-Mar | Vegetarian | Cheesy Parsnip & Sweet Potato Tart with Creamed Potatoes | Lentil and Vegetable Curry with Rice | Potato & Courgette Layer Bake | Creamy Mashed Potato Vegetable Pie | Cheese Tomato & Spinach Frittata with Chipped Potatoes |
| | Side | Cauliflower Peas | Broccoli Sliced Carrots | Red Cabbage Green Beans | Sweet Corn Green Salad | Baked Beans Garden Peas |
| | Dessert | 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 | Cinnamon Cookie Yoghurt and Fruit Station |
| Week 3 | Main | 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 /Fish Fingers Chipped Potatoes, Tomato Sauce |
| 14-Jan 04-Feb 04-Mar 25-Mar | Vegetarian | Wholemeal Cheese & Tomato Pizza with Potato Wedges | Creamy Broccoli Pasta Bake | Cheese & Pepper Whirl with Roast Potatoes | Vegetable and Apricot Tagine with Couscous | Spanish Omelette with Chipped Potatoes |
| | Side | Sweet Corn Green Beans | Shredded Cabbage Peas | Broccoli Carrots | Roasted Vegetable Medley Sweet Corn | Baked Beans Garden Peas |
| | Dessert | Apple & Strawberry Strudel with Custard, Natural Flavoured Yoghurt or Fresh Fruit | Lemon & Mixed Berry Cake, Natural Flavoured Yoghurt or Fresh Fruit | Mandarins & Ice Cream Natural Flavoured Yoghurt or Fresh Fruit | Pear Crumble and Custard, Natural Flavoured Yoghurt or Fresh Fruit | Chocolate & Banana Oaty Square Yoghurt & Fruit Station |