

**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 2018

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Chicken Tikka 50/50 Rice	Chicken & Leek Pie	Roast (as advertised) with Roast Potatoes and Gravy	Macaroni Cheese with Garlic Slice	MSC Salmon Fishcake/ Fishfingers with Chips
03-Sep	<b>Vegetarian</b>	Vegetable and Lentil Tikka 50/50 Rice	Winter Vegetable Pie	Vegetable Wellington with Roast Potatoes and Gravy	Sweet & Sour Vegetables with Noodles	Chickpea Aloo Chaat with 50/50 Rice
24-Sep						
15-Oct						
12-Nov						
03-Dec	<b>Dessert</b>	Roasted Peppers & Onions Green Beans	Baked Tomatoes Peas	Carrot and Swede Mash	Sweetcorn Broccoli	Baked Beans Garden Peas
		Wholemeal Apple Crumble & Custard Yoghurt Fresh Fruit Platter	Fruit Sponge Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station	Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Salad	Carrot and Courgette Cake & Custard Yoghurt Fresh Fruit Platter
<b>Week 2</b>	<b>Main</b>	Sausage Toad in the Hole Mashed Potatoes & Gravy	Chicken and Broccoli Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Breaded Fish with Chips
10-Sep	<b>Vegetarian</b>	Quorn Sausage Toad in the Hole	Lentil and Sweet Potato Curry & 50 /50 Rice	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Quorn Mince Bolognaise with Spaghetti	Wholemeal Cheese & Tomato Quiche with Chips
01-Oct						
22-Oct						
19-Nov						
10-Dec	<b>Dessert</b>	Baked Tomatoes Sweetcorn	Green Beans Carrots	Broccoli Cauliflower	Roasted Mixed Vegetables	Baked Beans Garden Peas
		Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Lemon Sponge Yoghurt Fresh Fruit Chunks	Yoghurt and Fruit Station	Oaty Peach Crumble with Custard Yoghurt Fresh Fruit Platter	Chocolate & Banana Square Yoghurt Fresh Fruit Salad
<b>Week 3</b>	<b>Main</b>	Chicken Curry 50 /50 Rice	Cottage Pie with Gravy	Roast Chicken with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips
17-Sep	<b>Vegetarian</b>	Vegetarian Curry 50/50 Rice	Shepherdess Pie	Quorn Roast with Roast Potatoes and Gravy	Soya Mince Lasagne	Red Pepper Frittata with With Chips
08-Oct						
05-Nov						
26-Nov						
17-Dec	<b>Dessert</b>	Sweetcorn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Cauliflower Florets	Broccoli Tomato Salad	Baked Beans Garden Peas
		Mandarin Upside Down Cake Yoghurt Fresh Fruit Platter	Rice Pudding with Apple & Mixed Berries Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station	Pear & Chocolate Sponge with Chocolate Drizzle Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Chunks



Available Daily  
Freshly cooked jacket potatoes with a choice of fillings (where advertised)  
Bread freshly baked on site daily  
Daily salad selection and chilled semi-skimmed milk

03-Sep  
24-Sep  
15-Oct  
12-Nov  
03-Dec

10-Sep  
01-Oct  
22-Oct  
19-Nov  
10-Dec

17-Sep  
08-Oct  
05-Nov  
26-Nov  
17-Dec