

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.

Gold Menu Autumn 2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Sausage Pasta Bake With Garlic Bread	Chicken Stir Fry with Noodles	Roast (as advertised) with Roast Potatoes and Gravy	Spaghetti Beef Bolognese (Made with organic mince)	MSC Salmon Fishcake/ Fishfingers with Chips
03-Sep	Vegetarian	Vegetarian Risotto	Mac and Cheese with Garlic Bread	Quorn Roast with Roast Potatoes and Gravy	Sweet & Sour Vegetables with Noodles	Vegetable wraps with Rice or Chips
24-Sep		Baked Tomatoes Peas	Peppers Green Beans	Swede Mash and Carrots	Sweet corn Broccoli	Baked Beans Garden Peas
15-Oct		Apple Crumble & Custard Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Salad	Carrot and Courgette Cake & Custard Yoghurt Fresh Fruit Platter	Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Salad	Chocolate Cocoa Cookie Yoghurt and Fruit Station
12-Nov						
03-Dec	Dessert					
Week 2	Main	Beef Meatballs in Tomato Sauce with Rice	Chicken and Broccoli Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Chicken Curry With Rice	MSC Battered Fish with Chips
10-Sep	Vegetarian	Vegetarian Lasagne Jacket Wedges	Vegetarian Bolognese with Spaghetti	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Mac and Cheese with Garlic Bread	Cheese & Tomato Quiche with Chips
01-Oct		Coleslaw Sweet corn	Peas Carrots	Broccoli Cauliflower	Sweetcorn Roasted Mixed Vegetables	Baked Beans Garden Peas
22-Oct		Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Pineapple Loaf Yoghurt Fresh Fruit Chunks	Chocolate & Banana Oaty Square Yoghurt Fresh Fruit Salad	Oaty Peach Crumble with Custard Yoghurt Fresh Fruit Platter	Vanilla shortbread biscuit Yoghurt and Fruit Station
19-Nov	Dessert					
10-Dec						
Week 3	Main	Chicken Pizza With Wedges	Cottage Pie with Gravy	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips
17-Sep	Vegetarian	Cheese and Tomato Pizza with wedges	Shepherdess Pie	Vegetable Wellington with Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Chilli with Rice or Chips
08-Oct		Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Baked Beans Garden Peas
05-Nov		Mandarin Upside Down Cake Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks	Yoghurt Fresh Fruit Salad	Chocolate Sponge with Chocolate Drizzle Yoghurt and Fruit Station
26-Nov	Dessert					
17-Dec						



Available Daily
Freshly cooked jacket potatoes with a choice of fillings (where advertised)
Bread freshly baked on site daily
Daily salad selection