

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.

Cornwall Menu Autumn 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 28 th October 18 th November 9 th December 13 th January 3 rd February 2 nd March 23 rd March	Main	Chicken Pizza with Pasta	Sausage Plait with Mash Potato and Gravy	Roast Chicken and Stuffing with Roast Potatoes and Gravy	Spaghetti Bolognese with Garlic Bread	MSC Fish in Batter with Chips
	Vegetarian	Cheese and Tomato Pizza with Pasta	Creamy Vegetable Pie with Mash Potato and Gravy	Quorn Fillet and Stuffing with Roast Potatoes and Gravy	Vegetarian Spaghetti Bolognese with Garlic Bread	Cheese Quiche with Chips
		Peas Sweetcorn	Cauliflower Broccoli	Savoy Cabbage Carrots	Peas Sweetcorn	Baked Beans Peas
	Dessert	Orange Drizzle Cake	Yoghurt and Fruit	Apple Crumble with Custard	Jelly with Fruit	Oaty Cookie
Week 2 4 th November 25 th December 16 th December 20 th January 10 th February 9 th March	Main	Sausage and Mash Potato with Gravy	Mild Chicken Curry with Fluffy Rice	Roast Gammon with Roast Potatoes and Gravy	Macaroni Bolognese with Tomato Bread	MSC Fishfingers or Salmon Fishfingers with Chips
	Vegetarian	Quorn Sausage and Mash Potato with Gravy	Mild Vegetable Curry with Fluffy Rice	Vegetarian Wellington with Roast Potatoes and Gravy	Macaroni Cheese with Garlic Bread	Cheese Whirl with Chips
		Carrots Green Beans	Sweetcorn Broccoli	Cauliflower Carrots	Carrot and Cucumber Sticks Broccoli	Baked Beans Peas
	Dessert	Iced Sponge	Eves Pudding with Custard	Apple Flapjack	Jelly with Fruit	Chocolate Shortbread
Week 3 11 th November 2 nd December 6 th January 27 th January 24 th February 16 th March	Main	Beef Burger in a Bun with Pasta	Cottage Pie with Gravy	Roast Turkey and Stuffing with Roast Potatoes and Gravy	Chicken Lasagne with Garlic Bread	MSC Fishfingers with Chips
	Vegetarian	Quorn Burger in a Bun with Pasta	Shepherdess Pie with Gravy	Quorn Fillet and Stuffing with Roast Potatoes and Gravy	Vegetarian Lasagne with Garlic Bread	Five Bean Chilli with Chips
		Sweetcorn Baked Beans	Broccoli Green Beans	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
	Dessert	Berry and Apple Cobbler with Custard	Carrot Cake	Apple, Cheese and Biscuits	Jelly and Fruit	Vanilla Shortbread



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