

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
using 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 with Chips
	Vegetarian	Cheese and pepper whirl	Quorn sausage and mash	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Vegetable pasta bake	Spinach & Tomato Quiche with Chips
	Jacket pot Soup	Jacket Potato with Beans	½ filled baguette with salad and fruit salad	Jacket Potato with Tuna	½ filled baguette with salad and fruit salad	Jacket Potato with Cheese
		Peas Coleslaw	Broccoli Sweetcorn	Cauliflower Carrot	Green beans Sweetcorn	Baked Beans Peas
	Dessert	Pear sponge & Custard	Iced Sponge	Chocolate Shortbread	Apple Crumble with Custard	Toffee crisp 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	Macaroni Cheese	Shepherdess Pie	Vegetarian Wellington with Roast Potatoes and Gravy	Vegetable Tagine with Couscous	Red Pepper Frittata
	Jacket pot	Jacket Potato with Beans	½ filled baguette with salad and fruit salad	Jacket Potato with Tuna	½ filled baguette with salad and fruit salad	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	Vegetable chilli with rice	Vegetable Curry with Rice	Quorn Fillet with Roast Potatoes and Gravy	Vegetarian Quorn Spaghetti Bolognese with Garlic bread	Spicy bean burger with chips
	Jacket Pot Soup	Jacket Potato with Beans	½ filled baguette with salad and fruit salad	Jacket Potato with Tuna	½ filled baguette with salad and fruit salad	Jacket Potato with Cheese
		Peas Carrot & Beetroot Slaw	Sweetcorn Green Beans	Carrots Broccoli	Sweetcorn Cauliflower	Baked Beans Peas
	Dessert	Fruit Strudel with Custard	Raisin Flapjack	Orange Drizzle Cake	Chocolate Sponge with Chocolate Sauce	Vanilla shortbread Fruit and Yoghurt