

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 Silver (MF) Menu 2017

caterlink
feeding the imagination

		Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Veggie Mince Spaghetti Bolognese	Beef Goulash with Rice	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Lamb Shepherds Pie with Gravy	MSC Fishwich with Chips, Tomato Sauce
02-Jan	Vegetarian	Feta, Tomato and Spinach Quiche (made with wholemeal flour) with New Potatoes	Lenil & Sweet Potato Curry with Rice	Homemade Vegetable Pasty with Roast Potatoes and Gravy	Macaroni Cheese with Tomato Topping	Homemade Bean Burger in a Bun with chips
23-Jan		Carrots Peas	Sweetcorn Seasonal Salad	Cabbage Carrots	Broccoli & Cauliflower	Baked Beans Garden Peas
20-Feb	Dessert	Eves Pudding with Custard	Peach Crumble With Custard	Chocolate Oaty Square with Chocolate Sauce	Pear and Raisin Upside Down Cake with Custard	Iced Sponge
13-Mar						
Week 2	Main	Quorn Sausages with Mashed Potatoes and Gravy	BBQ Chicken Pizza with Baked Potato	Roast Turkey with Roast Potatoes & Gravy	Beef Meatballs in a Tomato Sauce Served with Rice	MSC Battered Fish with Chips, Tomato Sauce
09-Jan	Vegetarian	Creamy Vegetable Pie with Mashed Potato	Vegetable Wrap with Baked Potatoes	Shepherdess Pie	Quorn and Vegetable Goulash with Rice	Cheese and Pepper Swirl with Chips
30-Jan		Garden Peas Carrots	Coleslaw Mixed Salad	Broccoli Crushed Swede	Carrots Sweet corn	Baked Beans Garden Peas
27-Feb	Dessert	Apple Crumble with Custard	Pear and Ginger Muffin Cake with Custard	Fruit Jelly with Whipped Cream	Wholemeal Banana Sponge with Custard	Fruit Yoghurt and Shortbread
20-Mar						
Week 3	Main	Homemade Vegetable & Bean Burger in a Bun with Herby New Potatoes	Turkey and Leek Pie with Creamed Potato & Gravy	Roast Gammon with Roast Potatoes and Gravy	Beef Lasagne with Homemade Garlic Bread	MSC Salmon Fish Fingers with Chips, Tomato Sauce
16-Jan	Vegetarian	Wholemeal Vegetable & Pasta Medley	Vegetable and Bean Cobbler with Creamed Potato & Gravy	Vegetable Wellington	Red Pepper and Cheese Frittata with Baby New Potatoes	Veggie Hot Dog with Chips
06-Feb		Carrots Sweet Corn	Cauliflower Broccoli	Shredded Cabbage Carrots	Roasted Vegetable Medley Baked Tomatoes	Baked Beans Garden Peas
06-Mar	Dessert	Chocolate and Beetroot Brownie	Pineapple Upside Down Cake with Custard	Homemade Apple Flapjack	Crunchy Plum and Vanilla Crumble with Custard	Carrot and Courgette Pudding with Custard
27-Mar						



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