

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	Chicken and Ginger Stir Fry with Noodles	Roast (as advertised) with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Salmon Fishcake/ Fishfingers with Chips
03-Sep	Vegetarian Vegetarian Butterbean Risotto	Vegetable Enchiladas with Rice	Quorn Roast with Roast Potatoes and Gravy	Sweet & Sour Vegetables with Noodles	Macaroni Cheese with Garlic Slice
24-Sep	Baked Tomatoes	Peppers Green Beans	Carrot and Swede Mash	Sweet corn Broccoli	Baked Beans Garden Peas
15-Oct	Wholemeal Apple Crumble & Custard	Chocolate Cocoa Cookie Yoghurt	Carrot and Courgette Cake & Custard Yoghurt	Apple & Raisin Strudel with Custard Yoghurt	Yoghurt and Fruit Station
12-Nov	Fresh Fruit Platter	Fresh Fruit Salad	Fresh Fruit Platter	Fresh Fruit Salad	
03-Dec	Dessert Fresh Fruit Platter				
Week 2	Main Beef Meatballs in Tomato Sauce with Rice	Chicken and Broccoli Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese (made with organic mince beef)	MSC Breaded Fish with Chips
10-Sep	Vegetarian Soya Mince Lasagne Jacket Wedges	Quorn Mince Bolognaise with Spaghetti	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Chickpea Aloo Chaat with Rice	Wholemeal Cheese & Tomato Quiche with Chips
01-Oct	Coleslaw	Peas	Broccoli	Roasted Mixed Vegetables	Baked Beans Garden Peas
22-Oct	Sweet corn	Carrots	Cauliflower Square	Oaty Peach Crumble with Custard Yoghurt	Yoghurt and Fruit Station
19-Nov	Eves Pudding with Custard Yoghurt	Pineapple Loaf Yoghurt	Chocolate & Banana Oaty Yoghurt	Fresh Fruit Platter	
10-Dec	Dessert Fresh Fruit Platter	Fresh Fruit Chunks	Fresh Fruit Salad		
Week 3	Main Wholemeal Chicken and Red Pepper Pizza	Cottage Pie with Gravy (made with organic mince beef)	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips
17-Sep	Vegetarian Five Bean Chilli with Rice	Shepherdess Pie	Vegetable Wellington with Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Wholemeal Cheese & Tomato Pizza with Chips
08-Oct	Sweet corn	Green Beans	Savoy Cabbage	Broccoli	Baked Beans Garden Peas
05-Nov	Mixed Peppers	Glazed carrots	Sweetcorn	Tomato Salad	
26-Nov	Mandarin Upside Down Cake	Rice Pudding with Mixed Berries Yoghurt	Cheese, Apple and Biscuits Yoghurt	Chocolate Sponge with Chocolate Drizzle Yoghurt	Yoghurt and Fruit Station
17-Dec	Dessert Fresh Fruit Platter	Fresh Fruit Salad	Fresh Fruit Chunks	Fresh Fruit Salad	



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