

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 Basic
Spring 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Beef & Bean Fajitas Served with Lemon and parsley Couscous	Chicken and Tomato Pasta	Roast (as advertised) and Gravy	Chicken Noodles	MSC Breaded Fish and Tomato Sauce
	Vegetarian	Vegetable Bean Fajitas Served with Lemon and Parsley Couscous	Vegetable Pasta Bake	Cheese & Pepper Whirl	Vegetable Noodles	Glamorgan Sausage
	Vegetables	Sweetcorn Green Beans	Baked Tomatoes Peas	Carrot Swede mash Roast Potatoes New Potatoes	Sweetcorn Mixed Pepper	Baked Beans Garden Peas Chips New Potatoes
	Dessert	Apple & Strawberry Cobbler with Custard	Pear Crumble (WM) and Custard	Apple, Cheese and Biscuits	Pineapple Upside down Cake with Custard	Yoghurt and Fruit Station
Week 2	Main	Hot Dogs with Tomato Sauce and Wedges	Chicken Curry with Rice 50/50	Roast (as advertised) and Gravy	Spaghetti Bolognaise	MSC Battered Fish and Tomato Sauce
	Vegetarian	Veggie Hot Dog with Tomato Sauce and Wedges	Vegetable and Apricot Tagine with Rice 50/50	Mixed Vegetable Roast	Macaroni Cheese	Chickpea & Vegetable Hot Pot
	Vegetables	Coleslaw Green Salad	Broccoli Sliced Carrots	Red Cabbage Green Beans Roast Potatoes New Potatoes	Peppers Sweetcorn	Baked Beans Garden Peas Chips Parsley Potatoes
	Dessert	Fruit Shortbread	Carrot & Courgette Cake served with Custard	Apple, Cheese and Biscuits	Mixed Fruit Crumble (WM) & Custard	Yoghurt and Fruit Station
Week 3	Main	BBQ Chicken Pizza (WM) with Wedges	Beef Lasagne	Roast (as advertised) and Gravy	Chilli with Rice 50/50	MSC Salmon Fish Fingers and Tomato Sauce
	Vegetarian	Cheese and Tomato Pizza (WM) with Wedges	Vegetable Lasagne	Vegetable Wellington and Gravy	Five Bean Chilli with Rice 50/50	Spanish Omelette
	Vegetables	Sweetcorn Green Beans	Broccoli Tomatoes	Shredded Cabbage Carrots Parsley Potatoes Roast Potatoes	Roasted Vegetable Medley	Baked Beans Garden Peas Couscous Chips
	Dessert	Oaty Peach Crumble and Custard	Mandarins & Ice Cream	Apple, Cheese and Biscuits	Lemon & Mixed Berry Cake	Yoghurt & Fruit Station

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