

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
feeding 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	Five Bean Chilli with 50/ 50 Rice	Quorn sausage and mash	Quorn Fillet with Roast Potatoes and Gravy	Vegetable Pasta Bake	Cheese & Tomato Quiche with Chips
	Jacket pot Soup	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Beans	Jacket Potato with Cheese
		Peas Sweetcorn	Broccoli Carrots	Cauliflower Carrot	Green Beans Sweetcorn	Baked Beans Peas
	Dessert	Pear sponge & Custard	Iced Sponge	Jelly	Chocolate Shortbread	Apple, Cheese and Biscuits Fruit and Yoghurt
Week 2 09.09.2019 30.09.2019 21.10.2019 18.11.2019 09.12.2019	Main	Cheese and Tomato Pizza	Cottage Pie with Gravy	Roast Gammon with Roast Potatoes and Gravy	Chicken Curry with Rice	Fishwich with Chips
	Vegetarian	Sweet Potato and Lentil Curry	Vegetable Cottage Pie	Vegetarian Wellington with Roast Potatoes and Gravy	Macaroni Cheese	Red Pepper Frittata
	Jacket pot Soup	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Beans	Jacket Potato with Cheese
		Peas sweetcorn	Peas Cauliflower	Cabbage Swede	Seasonal Vegetables	Baked Beans Peas
	Dessert	Fruit Crumble with Custard	Chocolate & Beetroot Brownie	Jelly	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 & Tomato Pizza	Chicken Casserole with Mashed Potato	Roast Pork with Roast Potatoes and Gravy	Spaghetti Bolognaise with Garlic Bread	MSC Fish in Batter with Chips
	Vegetarian	Quorn Burger with New Potatoes	Roasted Cauliflower Curry with Rice	Quorn Fillet with Roast Potatoes and Gravy	Cheese & Pepper Whirl	Quorn Sausage with chips
	Jacket Pot Soup	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Beans	Jacket Potato with Cheese
		Peas Sweetcorn	Cauliflower Green Beans	Carrots Savoy cabbage	Sweetcorn Carrots	Baked Beans Peas
	Dessert	Orange Drizzle Cake	Flapjack	Jelly	Chocolate Sponge with Chocolate Sauce	Apple, Cheese and Biscuits Fruit and Yoghurt