

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.

Caterlink Menu Autumn 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Cheese and Tomato Pizza with New Potatoes	Beef Meatballs in a Tomato Sauce served with 50/50/Rice	Roast Chicken and Stuffing with Roast Potatoes and Gravy	Chicken Arrabiata Pasta with Garlic Bread	MSC Fish Fingers/Salmon Fish Fingers with Chips
02/09/19 23/09/19 14/10/19 11/11/19 02/12/19	Vegetarian	Vegetable Tagine with Couscous	Five Bean Chilli with 50/50 Rice	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Potato & Courgette Layer Bake	Cheese and Onion Quiche with Chips
	Side	Carrot Sticks Green Beans	Green Beans Carrots	Cauliflower Broccoli	Roasted Mixed Vegetables Sweet Corn	Baked Beans Peas
	Dessert	Orange Drizzle Cake Fresh Fruit Flavoured Yoghurt	Peach Upside Down Cake with Custard Fresh Fruit Flavoured Yoghurt	Catherine Wheel Cookie Fresh Fruit Flavoured Yoghurt	Apple Crumble with Custard Fresh Fruit Flavoured Yoghurt	Chocolate & Banana Oaty Square Fresh Fruit Flavoured Yoghurt
Week 2	Main	Pork Sausage in a Hot Dog Roll with Potato Wedges	Beef Cottage Pie with Gravy	Roast Pork Loin with Roasted New Potatoes and Gravy	Chicken Tagine with Rice	MSC Breaded Fish with Chips
09/09/19 30/09/19 21/10/19 18/11/19 09/12/19	Vegetarian	Glamorgan Bean & Leek Sausage in a Roll with Potato Wedges	Vegetarian Spaghetti Bolognaise	Creamy Vegetable Pie with Roasted New Potatoes and Gravy	Macaroni Cheese	Red Pepper & Cheese Frittata
	Side	Sweet Corn Coleslaw	Peas Cauliflower	Cabbage Carrots	Sweet Corn Broccoli	Baked Beans Peas
	Dessert	Wholemeal Pear Crumble with Custard Fresh Fruit Flavoured Yoghurt	Chocolate Shortbread Fresh Fruit Flavoured Yoghurt	Apple Flapjack Fresh Fruit Flavoured Yoghurt	Eves Pudding with Custard Fresh Fruit Flavoured Yoghurt	Lemon & Mixed Berry Cake Fresh Fruit Flavoured Yoghurt
Week 3	Main	Spaghetti Beef Bolognaise	Chicken and Gravy Pie with Mashed Potato Topping	Roast Turkey with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Fish in Batter with Chips
16/09/19 07/10/19 04/11/19 25/11/19 16/12/19	Vegetarian	Spicy Bean Burger with New Potatoes	Lentil & Sweet Potato Curry with Rice	Vegetarian Wellington with Roast Potatoes and Gravy	Sweet & Sour Vegetables with Rice	Vegetable Wholemeal Pasta Bake
	Side	Peas Carrots	Sweet Corn Broccoli	Fresh Mixed Seasonal Vegetables	Tomato and Onion Salad Green Beans	Baked Beans Peas
	Dessert	Banana Loaf with Custard Fresh Fruit Flavoured Yoghurt	Rice Pudding with Mixed Berries Fresh Fruit Flavoured Yoghurt	Apple, Cheese & Biscuits Fresh Fruit Flavoured Yoghurt	Chocolate & Mandarin Sponge with Chocolate Sauce Flavoured Yoghurt	Mandarins or Peaches with Ice Cream Fresh Fruit Flavoured Yoghurt