

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
Milk/Mustard free

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		Sausages & Mash	Roast Chicken and Stuffing with Roast Potatoes	Chicken Pasta Bake No cheese	MSC Fish Fingers/Salmon Fish Fingers with Chips
	Vegetarian		Five Bean Chilli with 50/ 50 Rice	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Vegetable Cottage Pie with Gravy	Jacket Potato with beans
	Jacket pot Soup	Jacket Potato with Beans	Peas Coleslaw	Jacket Potato with Tuna Cauliflower Carrot	Savoy Cabbage Sweetcorn	
	Dessert	Pear sponge fruit	Iced Sponge fruit	Chocolate Shortbread fruit	Apple Crumble fruit	Fruit
Week 2 09.09.2019 30.09.2019 21.10.2019 18.11.2019 09.12.2019	Main		Cottage Pie with Gravy	Roast Gammon with Roast Potatoes		MSC Fish in breadcrumbs with Chips
	Vegetarian		Vegetarian Quorn Spaghetti Bolognese	Vegetarian Wellington with Roast Potatoes	Jacket potato with filling	Jacket Potato with beans
	Jacket pot Soup	Jacket Potato with Beans	Carrots Green Beans	Jacket Potato with Tuna Cabbage Swede		
	Dessert	Fruit Crumble fruit	Chocolate & Beetroot Brownie fruit	Carrot Cake fruit	Ginger Sponge fruit	Fruit
Week 3 16.09.2019 07.10.2019 04.11.2019 25.11.2019 16.12.2019	Main			Roast Pork with Roast Potatoes	Spaghetti Bolognese	MSC Fish in Batter with Chips
	Vegetarian	Bean & Lentil Burger with New Potatoes			Jacket potato with filling	Vegetable Pasta Bake No cheese
	Jacket Pot Soup	Jacket Potato with Beans	Jacket potato with filling	Jacket Potato with Tuna		Jacket Potato with beans
	Dessert	Peas Carrot & Beetroot Slaw	Sweetcorn Green Beans	Carrots Broccoli	Sweetcorn Savoy Cabbage	Baked Beans Peas
	Fruit Strudel fruit	Apple Flapjack fruit	Orange Drizzle Cake fruit	Chocolate and Mandarin Sponge fruit	Fruit	