

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.

Summer
Menu 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 22-Apr 13-May 10-Jun 1-Jul 22-Jul	Main	Beef Spaghetti Bolognaise with a slice of Garlic Bread	Pork Sausages with Baked Potato Wedges and Gravy	Roast Turkey with Roasted New Potatoes & Gravy	Chicken and Bean Fajitas with Rice	Salmon Fish Finger/Fish Fingers, Chips and Tomato Sauce
	Vegetarian	Wholemeal Pasta Neapolitan with Spinach	Glamorgan Bean & Leek Sausage with Baked Potato Wedges & Gravy	Creamy Vegetable Pie with Roast Potatoes & Gravy	Mixed Bean Cassoulet with Rice	Cheese and Pepper Whirl with Chips
	Side	Carrots Garden Peas	Sweet Corn Green Beans	Sliced Carrots Broccoli	Grated Carrot Salad Cauliflower	Baked Beans Garden Peas
	Dessert	Sticky Toffee Apple Crumble with Custard Yoghurt Fresh Fruit Platter	Chocolate and Beetroot Brownie Yoghurt Fresh Fruit Salad	Ice Cream & Fruits of the Forest Yoghurt Fresh Fruit Platter	Eve's Pudding Yoghurt Fresh Fruit Salad	Chocolate Cocoa Cookie Fruit and Yoghurt Station
Week 2 29-Apr 20-May 17-Jun 8-Jul	Main	Beef Burger in a Bun with Baked Jacket Wedges	BBQ Chicken with 50/50 Rice	Roast Pork with Roast Potatoes & Gravy	Beef Lasagne with Garlic Bread	MSC Breaded Fish Chips, Tomato Sauce
	Vegetarian	Spicy Bean Burger in a Bun with Baked Jacket Wedges	Macaroni Cheese	Lentil and Basil Puff Pastry Turnover with Roast Potatoes	Vegetarian Fajitas with 50/50 Rice	Vegetable Pasty with Chips
	Side	Crunchy Carrot Sticks Peas	Green Beans Coleslaw	Sliced Carrots Cauliflower	Broccoli Sweet Corn	Baked Beans Garden Peas
	Dessert	Chocolate & Banana Square Yoghurt Fresh Fruit Salad	Lemon Drizzle Cake Yoghurt Fresh Fruit Platter	Apple Flapjack Yoghurt Fresh Fruit Salad	Peach Upside Down Cake with Custard Yoghurt Fresh Fruit Platter	Cinnamon Cookie Fruit and Yoghurt Station
Week 3 6-May 3-Jun 24-Jun 15-Jul	Main	Wholemeal Beef and Red Pepper Pizza with New Potatoes	Beef Meatballs with Mashed Potatoes and Gravy	Roast Chicken & Stuffing with Roast Potatoes & Gravy	Chicken Tikka Masala with Rice & Curry Bread	Battered Fish, Chips, Tomato Sauce
	Vegetarian	Sweet Potato & Lentil Curry served with Rice with curry bread	Courgette & Potato Layer Bake	Vegetable Wellington with Roast Potatoes & Gravy	Wholemeal Cheese & tomato Pizza with New Potatoes	Red Pepper and Cheese Frittata with Chips
	Side	Sweet Corn Tomato Salad	Sliced Carrots Green Beans	Broccoli and Cauliflower	Tomato & Onion Salad Diced Cucumber	Garden Peas Baked Beans
	Dessert	Mixed Fruit Crumble with Custard Yoghurt Fresh Fruit Salad	Vanilla Shortbread Yoghurt Fresh Fruit Platter	Sliced Cheese, Apple and Biscuits Yoghurt Fresh Fruit Salad	Apple Pie with Custard Yoghurt Fresh Fruit Platter	Carrot & Sultana Cake Fruit and Yoghurt Station

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Wokingham Summer
Egg Free Silver Menu
2019

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feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 22-Apr 13-May 10-Jun 1-Jul 22-Jul	Main	Beef Spaghetti Bolognaise	Pork Sausages with Baked Potato Wedges and Gravy (Check sausages)	Roast Turkey with Roasted New Potatoes & Gravy	Chicken and Bean Fajitas With Rice	Salmon Fish Finger / Fish Fingers, Chips and Tomato Sauce
	Vegetarian	Wholemeal Pasta Neapolitan with Spinach		Creamy Vegetable Pie with Roast Potatoes & Gravy	Mixed Bean Cassoulet With Rice	Cheese and Pepper Whirl with Chips
	Side	Carrots Garden Peas	Sweet Corn Green Beans	Sliced Carrots Broccoli	Grated Carrot Salad Cauliflower	Baked Beans Garden Peas
	Dessert	Sticky Toffee Apple Crumble with Custard Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Salad	Ice Cream & Fruits of the Forest Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Salad	Chocolate Cocoa Cookie Fruit and Yoghurt Station
Week 2 29-Apr 20-May 17-Jun 8-Jul	Main	Beef Burger with Baked Jacket Wedges	BBQ Chicken with 50/50 Rice	Roast Pork with Roasted Potatoes & Gravy	Beef Lasagne	MSC Breaded Fish Chips, Tomato Sauce
	Vegetarian	Spicy Bean Burger in a Bun with Baked Jacket Wedges	Macaroni Cheese	Lentil and Basil Puff Pastry Turnover With Roast Potatoes	Vegetarian Fajitas With 50/50 Rice	Vegetable Pasty with Chips
	Side	Crunchy Carrot Sticks Peas	Green Beans	Sliced Carrots Cauliflower	Broccoli Sweet Corn	Baked Beans Garden Peas
	Dessert	Chocolate and Banana Square Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Platter	Apple Flapjack Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Platter	Cinnamon Cookie Fruit and Yoghurt Station
Week 3 6-May 3-Jun 24-Jun 15-Jul	Main	French Bread Pizza	Beef Meatballs with Mashed Potatoes and Gravy (Check Ingredients)	Roast Chicken & Stuffing with Roast Potatoes & Gravy	Chicken Tikka Masala With Rice	Battered Fish, Chips, Tomato Sauce
	Vegetarian	Sweet Potato & Lentil Curry served with Rice with a Curry bread	Courgette & Potato Layer Bake	Vegetable Wellington with Roast Potatoes & Gravy	Vegetable Curry With Rice	
	Side	Sweet Corn Tomato Salad	Sliced Carrots Green Beans	Broccoli and Cauliflower	Tomato & Onion Salad Diced Cucumber	Garden Peas Baked Beans
	Dessert	Mixed Fruit Crumble with Custard Yoghurt Fresh Fruit Salad	Vanilla Shortbread Yoghurt Fresh Fruit Platter	Sliced Cheese, Apple and Biscuits Yoghurt Fresh Fruit Salad	Apple Pie with Custard Yoghurt Fresh Fruit Platter	Fruit and Yoghurt Station

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Wokingham
Summer Milk Free
Silver Menu 2019



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 22-Apr 13-May 10-Jun 1-Jul 22-Jul	Main	Beef Spaghetti Bolognaise	Pork Sausages with Baked Potato Wedges and Gravy	Roast Turkey with Roasted New Potatoes & Gravy	Chicken and Bean Fajitas With Rice	Salmon Fish Finger / Fish Fingers, Chips and Tomato Sauce
	Vegetarian	Pasta Neapolitan with Spinach (No Cheese)	Glamorgan Bean & Leek Sausage with Baked Potato Wedges and Gravy		Mixed Bean Cassoulet With Rice	
	Side	Carrots Garden Peas	Sweet Corn Green Beans	Sliced Carrots Broccoli	Grated Carrot Salad Cauliflower	Baked Beans Garden Peas
	Dessert	Sticky Toffee Apple Crumble Fresh Fruit Platter	Chocolate and Beetroot Brownie Fresh Fruit Salad	Fresh Fruit Platter	Eve's Pudding Fresh Fruit Salad	Chocolate Cocoa Cookie
Week 2 29-Apr 20-May 17-Jun 8-Jul	Main	Beef Burger with Baked Jacket Wedges (Check ingredients of Beef Burger)	BBQ Chicken With 50/50 Rice	Roast Pork with Roasted Potatoes & Gravy	Beef Bolognaise With Pasta	MSC Breaded Fish Chips, Tomato Sauce
	Vegetarian	Spicy Bean Burger served with Baked Jacket Wedges		Lentil and Basil Puff Pastry Turnover with Roast Potatoes	Vegetarian Fajitas With 50/50 Rice	Vegetable Pasty With Chips
	Side	Crunchy Carrot Sticks Peas	Green Beans Coleslaw	Sliced Carrots Cauliflower	Broccoli Sweet Corn	Baked Beans Garden Peas
	Dessert	Chocolate and Banana Square Fresh Fruit Salad	Lemon Drizzle Cake Fresh Fruit Platter	Apple Flapjack Fresh Fruit Salad	Peach Upside Down Cake Fresh Fruit Platter	Cinnamon Cookie
Week 3 6-May 3-Jun 24-Jun 15-Jul	Main		Beef Meatballs with Mashed Potatoes and Gravy	Roast Chicken & Stuffing with Roast Potatoes & Gravy	Chicken Tikka Masala With Rice	Battered Fish, Chips, Tomato Sauce
	Vegetarian	Sweet Potato & Lentil Curry served with Rice		Vegetable Wellington with Roast Potatoes & Gravy	Vegetable Curry With Rice	
	Side	Sweet Corn Tomato Salad	Sliced Carrots Green Beans	Broccoli and Cauliflower	Tomato & Onion Salad Diced Cucumber	Garden Peas Baked Beans
	Dessert	Mixed Fruit Crumble Fresh Fruit Salad	Vanilla Shortbread Fresh Fruit Platter	Fresh Fruit Salad	Apple Pie Fresh Fruit Platter	Carrot & Sultana Cake Fruit



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

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Wokingham Summer
NCGI Silver Menu
2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 22-Apr 13-May 10-Jun 1-Jul 22-Jul	Main	Beef Bolognaise with NCGI pasta	NCGI Pork Sausages with Baked Potato Wedges and NCGI Gravy	Roast Turkey with Roasted New Potatoes & NCGI Gravy	Chicken and Bean Fajitas with Rice (No Wrap)	NCGI BUBBLE FISH , Chips and Tomato Sauce
	Vegetarian	NCGI Pasta Neapolitan with Spinach		NCGI RECIPE Creamy Vegetable Pie with Roast Potatoes & NCGI Gravy	Mixed Bean Cassoulet with Rice (Remove cumin from recipe)	
	Side	Carrots Garden Peas	Sweet Corn Green Beans	Sliced Carrots Broccoli	Grated Carrot Salad Cauliflower	Baked Beans Garden Peas
	Dessert	NCGI RECIPE Sticky Toffee Apple Crumble with Custard Yoghurt Fresh Fruit Platter	NCGI RECIPE Chocolate Beetroot Brownie Yoghurt Fresh Fruit Salad	Ice Cream & Fruits of the Forest Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Salad	NCGI RECIPE Chocolate Cocoa Cookie Fruit and Yoghurt Station
Week 2 29-Apr 20-May 17-Jun 8-Jul	Main	Beef Burger with Baked Jacket Wedges		Roast Pork with Roasted Potatoes And NCGI Gravy	Beef Bolognese with NCGI Pasta	NCGI BUBBLE FISH Chips, Tomato Sauce
	Vegetarian	Spicy Bean Burger (No bun) with Baked Jacket Wedges	NCGI RECIPE Macaroni Cheese		Vegetarian Fajitas with 50/50 Rice (No Wrap)	
	Side	Crunchy Carrot Sticks Peas	Green Beans Coleslaw	Sliced Carrots Cauliflower	Broccoli Sweet Corn	Baked Beans Garden Peas
	Dessert	Yoghurt Fresh Fruit Salad	NCGI RECIPE Lemon Drizzle Cake Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Salad	NCGI RECIPE Peach Upside Down Cake with Custard Yoghurt Fresh Fruit Platter	NCGI RECIPE Cinnamon Cookie Fruit and Yoghurt Station
Week 3 6-May 3-Jun 24-Jun 15-Jul	Main	NCGI RECIPE Beef and Red Pepper Pizza with New Potatoes	Beef Meatballs with Mashed Potatoes and NCGI Gravy	Roast Chicken & Stuffing with Roast Potatoes & NCGI Gravy	Chicken Tikka Masala with Rice	NCGI BUBBLE FISH , Chips, Tomato Sauce
	Vegetarian	Sweet Potato & Lentil Curry served with Rice	NCGI Courgette & Potato Layer Bake		NCGI Recipe Cheese & Tomato Pizza With New Potatoes	Red Pepper and Cheese Frittata with Chips
	Side	Sweet Corn Tomato Salad	Sliced Carrots Green Beans	Broccoli and Cauliflower	Tomato & Onion Salad Diced Cucumber	Garden Peas Baked Beans
	Dessert	NCGI RECIPE Mixed Fruit Crumble with Custard Yoghurt Fresh Fruit Salad	NCGI Vanilla Shortbread Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Platter	Fruit and Yoghurt Station