

CATERLINK - AUTUMN 2019 MENU

Week		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Main Meal	Pork sausage in a Hot Dog Roll with Potato Wedges	Macaroni Cheese with Garlic Bread	Roast Chicken & Stuffing with Roast Potatoes & Gravy	Savoury Mince with Parsley Potatoes & Gravy	Salmon Fish Fingers with Chipped Potatoes
2 nd Sep						
23 rd Sep	Vegetarian	Quorn Sausage in a Hot Dog Roll with Potato Wedges	Shepherdess Pie with Gravy	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Five Bean Chilli with Rice	Cheese Pin Wheel with Chipped Potatoes
14 th Oct						
11 th Nov	Vegetables	Sweetcorn Baked Beans	Green Beans Carrots	Savoy Cabbage Peas & Sweetcorn mix	Cauliflower Broccoli	Baked Beans Peas
2 nd Dec						
	Dessert	Orange Drizzle Cake with Lemon Custard	Chocolate Crunch	Oaty Cookie	Apple Crumble with Custard	Iced Sponge
WEEK 2	Main Meal	Cheese & Tomato Pizza with New Potatoes	Turkey & Leek Pie with Creamed Potato	Roast Bacon Loin with Roasted New Potatoes & Gravy	Chicken Arrabiata Pasta	Breaded Fish with Chipped Potatoes
9 th Sep						
30 th Sep	Vegetarian	Vegetable Tagine with Couscous	Vegetarian Soya Spaghetti Bolognaise with Garlic Bread	Quorn Fillet with Roasted Potatoes & Gravy	Lentil & Sweet Potato Curry with Rice	Roasted Vegetable Enchilada with Chipped Potatoes
28 th Oct						
18 th Nov	Vegetables	Grated Carrot Green Beans	Peas Cauliflower	Roast Vegetables Carrots	Sweetcorn Broccoli	Baked Beans Peas
9 th Dec						
	Dessert	Banana Loaf	Orange & Ginger Sponge with Custard	Shortbread	Honey & Apple Sponge with Custard	Chocolate Cookie
WEEK 3	Main Meal	Spaghetti Bolognaise with Garlic Bread	Chicken & Bean Fajitas	Roast Pork with Roast Potatoes & Gravy	Ham Pizza with Paprika Wedges	Battered Fish with Chipped Potatoes
16 th Sep						
7 th Oct	Vegetarian	Creamy Vegetable Pie topped with Creamed Potato	Roasted Vegetable Curry with Rice	Vegetarian Wellington with Roast Potatoes & Gravy	Wholemeal Vegetable Pasta	Quorn burger with Chipped Potatoes
4 th Nov						
25 th Nov	Vegetables	Peas Carrots	Sweetcorn Cabbage Slaw	Carrot & Swede mix Broccoli	Tomato & Onion Salad Green Beans	Baked Beans Peas
16 th Dec						
	Dessert	Apple Flapjack	Ice Cream with Mandarins	Cheese & Biscuits	Chocolate Sponge with Chocolate Sauce	Chocolate Crispie

Homemade Bread, Selection of Salads, Jacket Potato & fillings plus Fresh Fruit & Yoghurt available daily