

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.

Brighton and Hove 3 Choice Menu

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday	
04/11, 25/11, 16/12, 20/01, 10/02, 09/03, 30/03	Week 1	Main	Cheese & Tomato Pizza	Sausage Roll with Jacket Wedges	Roast Chicken, Gravy and Roast Potatoes	Spaghetti Bolognaise	Fishfingers with Tomato Ketchup and Chips
	Vegetarian	5 Bean Chilli with 50:50 rice	Veggie Mince Bolognaise	Lentil & Vegetable Roast and Roast Potatoes	Linda McCartney Sausages with Mashed Potato	Spicy Beanburger with Tomato Ketchup & Chips	
	Jacket Potato	Jacket Potato with Tuna	Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Cheese	
	Vegetables	Peas & Carrots	Sweetcorn & Broccoli	Cabbage & Carrots	Sweetcorn and Green Beans	Baked Beans &/or Peas	
	Dessert	Chocolate & Beetroot Cake	Wholemeal Peach Crumble with Custard	Yoghurt & Fruit Station	Apple Flapjack	Shortbread & Fruity Friday	
11/11, 02/12, 06/01, 27/01, 24/02, 16/03	Week 2	Main	Macaroni Cheese	Farm Assured Beef Burger in a Bun with Tomato Relish and Oven Baked Potato Wedges	Roast Turkey with Gravy and Roast Potatoes	Sweet & Sour Chicken with 50/50 Rice	Breaded Fish Fillet with Tomato Ketchup and Chips
	Vegetarian	Veggie Mince Shepherds Pie	Vegetable Pasta Bake	Quorn Fillet with Roast Potatoes & Gravy	Cheese & Tomato Pizza	Veggie Sausage in a Roll with Chips and Homemade Tomato Sauce	
	Jacket Potato	Jacket Potato with Tuna & Sweetcorn	Jacket Potato with Cheese	Jacket Potato with Baked Beans	Jacket Potato with Tuna	Jacket Potato with Cheese	
	Vegetables	Peas and Carrots	Sweetcorn or coleslaw	Carrots & Cabbage	Broccoli and Sweetcorn	Baked Beans & Peas	
	Dessert	Carrot & Courgette Cake	Apple Pie with Custard	Jelly with Ice cream	Cinnamon Cookie	Chocolate Shortbread with Fruity Friday	
18/11, 09/12, 13/01, 03/02, 02/03, 23/03	Week 3	Main	Pork Sausages with Mashed Potato and Gravy	Breast of Chicken served with BBQ Sauce and 50/50 Rice	Roast Gammon or Chicken and Gravy with Roast Potatoes	Chicken & Vegetable Gravy Pie with New Potatoes	Salmon Fishfingers with Tomato Ketchup and Chips
	Vegetarian	Lentil & Sweet Potato Curry with 50/50 Rice	Macaroni Cheese	Creamy Vegetable Pie with Roast Potatoes	Quorn Burger in a Bun with Wedges	Spanish Omelette with Chips and Homemade Tomato Sauce	
	Jacket Potato	Jacket Potato with Tuna	Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Cheese	
	Vegetables	Sliced Carrots & Peas	Red Cabbage Slaw & Sweetcorn	Cauliflower & Carrots	Sweetcorn & Broccoli	Peas &/or Baked Beans	
	Dessert	Pinwheel Cookie	Jelly with Mandarins	Peaches & Ice Cream	Fairtrade Banana Loaf & Custard	Oaty Cookie with Fruity Friday	



Soil Association