










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 Autumn Menu 2019

caterlink
feeding the imagination

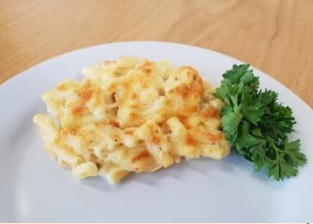

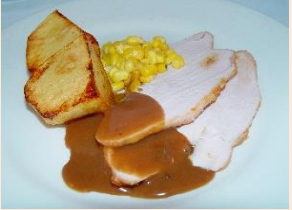







| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|-------------------|---|---|---|---|--|
| Week 1 04/11, 25/11, 16/12, 20/01, 10/02, 09/03, 30/03 | Main | Cheese & Tomato Pizza  | Sausage Roll with Jacket Wedges  | Roast Chicken with Roast Potatoes & Gravy  | Spaghetti Bolognese  | Fish Fingers, Chips and Tomato Sauce  |
| | Vegetarian | 5 Bean Chill with 50:50 Rice  | Veggie Mince Bolognese  | Lentil and Vegetable Roast with Roast Potatoes & Gravy  | Veggie Sausages with Mashed Potato and Gravy  | Bean Burger with Chips and Tomato Sauce  |
| | Dessert | Chocolate and Beetroot Cake Yoghurt Fresh Fruit Salad | Wholemeal Peach Crumble & Custard Yoghurt Fresh Fruit Salad | Yoghurt & Fruit Station Yoghurt Fresh Fruit Salad | Apple Flapjack Yoghurt Fresh Fruit Salad | Vanilla Shortbread Yoghurt Fresh Fruit Platter |



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|---|-------------------|---|--|---|---|---|
| Week 2 11/11 02/12 06/01 27/01 24/02 16/03 | Main | Macaroni Cheese  | Farm Assured Beefburger in a Bun with Jacket Wedges  | Roast Turkey with Roast Potatoes & Gravy  | Sweet & Sour Chicken with 50:50 Rice  | MSC Breaded Fish, Chips & Tomato Sauce  |
| | Vegetarian | Veggie Mince Shepherds Pie  | Vegetable Bake with Wholemeal Pasta  | Quorn Fillet with Roast Potatoes & Gravy  | Cheese and Tomato Pizza  | Veggie Sausage in a Roll with Chips & Tomato Sauce  |
| | Dessert | Carrot & Courgette Cake Yoghurt Fresh Fruit Salad | Apple Pie with Custard Yoghurt Fresh Fruit Salad | Jelly & Ice Cream Fresh Fruit Salad | Cinnamon Cookie Yoghurt Fresh Fruit Salad | Chocolate Shortbread Yoghurt Fresh Fruit Platter |



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| Week 3 18/11, 09/12, 13/01, 03/02, 02/03, 23/03 | Main | Pork Sausages with Mashed Potato & Gravy  | Breast of Chicken served with BBQ Sauce and 50:50 Rice  | Roast Gammon with Roast Potatoes & Gravy  | Chicken & Vegetable Gravy Pie with New Potatoes  | MSC Salmon Fish Fingers, Chips, Tomato Sauce  |
| | Vegetarian | Lentil & Sweet Potato Curry with 50:50 Rice  | Macaroni Cheese  | Creamy Vegetable Pie with Roast Potatoes & Gravy  | Quorn Burger in a Bun with Homemade Potato Wedges  | Spanish Omelette with Chips with Tomato Sauce  |
| | Dessert | Carrot and Courgette Cake Yoghurt Fresh Fruit Salad | Pinwheel Cookie Yoghurt Fresh Fruit Salad | Peaches and Ice Cream Yoghurt Fresh Fruit Salad | Orange Cake Yoghurt Fresh Fruit Salad | Vanilla Shortbread Yoghurt Fresh Fruit Platter |

