

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.

Milk Free Silver Menu Autumn 2017

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Sausages with Mash & Milk Free Gravy	Shepherd's Pie with Milk Free Gravy	Roast Pork with Roast Potatoes and Milk Free Gravy	Chicken Tikka (No Yoghurt) with Rice	MSC Salmon Fishcake with Chips
	Vegetarian	Jacket Potato option	Sweet & Sour Vegetables with Noodles	Jacket Potato option	Jacket Potato option	Jacket Potato option
		Cauliflower Peas	Carrots Green Beans	Savoy Cabbage Swede	Sweet corn Peppers	Baked Beans Garden Peas
	Dessert	Wholemeal Plum & Vanilla Crumble (No Custard) Fresh Fruit Platter	Apple & Raisin Flapjack Fresh Fruit Salad	Carrot and Courgette Cake (No Custard) Fresh Fruit Platter	Dutch Apple Pie (No Custard) Fresh Fruit Salad	Lemon Drizzle Cake Fresh Fruit Chunks
Week 2	Main	Beef meatballs in tomato sauce with wholemeal pasta	Jacket Potato option	Roast Turkey with Roast Potatoes and Milk Free Gravy	Spaghetti Beef Bolognese	MSC Fish Fingers with Chips
	Vegetarian	Jacket Potato option	Lentil & Basil Puff Pastry Turnover with New Potatoes	Mixed Vegetable Loaf with Roast Potatoes and Milk Free Gravy	Lentil & Sweet Potato Curry with Rice	Jacket Potato option
		Coleslaw Sweet corn	Broccoli Carrots	Carrots Courgettes	Roasted Mixed Vegetables	Baked Beans Garden Peas
	Dessert	Fresh Fruit Platter	Wholemeal Banana Loaf Fresh Fruit Chunks	Vanilla Shortbread Fresh Fruit Salad	Eves Pudding (No Custard) Fresh Fruit Platter	Chocolate & Beetroot Brownie Fresh Fruit Chunks
Week 3	Main	BBQ Chicken with Jacket Wedges	Minced Beef and Onion Pie with Mash Potatoes	Roast Chicken with Stuffing with Roast Potatoes and Milk Free Gravy	Savoury Mince Beef with Pasta	MSC Breaded or Battered Fish with Chips
	Vegetarian	Bean Vegetable Chilli with Rice	Vegetable Wholemeal Pasta Bake (No cheese)	Vegetable Wellington with Roast Potatoes and Milk Free Gravy	Jacket Potato option	Jacket Potato option
		Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Garden Peas Baked Beans
	Dessert	Pear Sponge (No Custard) Fresh Fruit Platter	Fresh Fruit Salad	Fresh Fruit Chunks	Apple & Raisin Strudel Fresh Fruit Salad	Chocolate Crunch Fresh Fruit Platter

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Egg Free Silver Menu Autumn 2017

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 NO BREAD	Main	Sausages with Mash & Gravy	Shepherd's Pie with Gravy	Roast Pork with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Salmon Fishcake with Chips
	Vegetarian	Jacket Potato option	Sweet & Sour Vegetables with Rice (No Noodles)	Jacket Potato option	Creamy Vegetable Pie with Mash Potato Topping	Macaroni Cheese (No garlic slice)
		Cauliflower Peas	Carrots Green Beans	Savoy Cabbage Swede	Sweet corn Peppers	Baked Beans Garden Peas
	Dessert	Wholemeal Plum & Vanilla Crumble with Custard Yoghurt Fresh Fruit Platter	Apple & Raisin Flapjack Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Platter	Dutch Apple Pie & Custard Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Chunks
Week 2 NO BREAD	Main	Beef meatballs in tomato sauce with wholemeal pasta	Chicken Neapolitan Wholemeal Pasta	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Fish Fingers with Chips
	Vegetarian	Vegetable Lasagne Jacket Wedges	Lentil & Basil Puff Pastry Turnover with New Potatoes	Jacket Potato option	Lentil & Sweet Potato Curry with Rice	Jacket Potato option
		Sweet corn	Broccoli Carrots	Carrots Courgettes	Roasted Mixed Vegetables	Baked Beans Garden Peas
	Dessert	Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Chunks	Vanilla Shortbread with Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Chunks
Week 3 NO BREAD	Main	BBQ Chicken Pizza with Jacket Wedges	Minced Beef and Onion Pie with Mash Potatoes	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne	MSC Breaded or Battered Fish with Chips
	Vegetarian	Bean Vegetable Chilli with Rice	Vegetable Wholemeal Pasta Bake	Vegetable Wellington with Roast Potatoes and Gravy	Jacket Potato option	Jacket Potato option
		Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Garden Peas Baked Beans
	Dessert	Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks	Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Platter

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**No Gluten Containing
Ingredients
Menu Autumn 2017**



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Gluten Free Sausages with Mash & Gluten Free Gravy	Shepherd's Pie with Gluten Free Gravy	Roast Pork with Roast Potatoes and Gluten Free Gravy	Chicken Tikka with Rice	Gluten Free Bubble Fish with Chips
	Vegetarian	GF Vegetable and Leek Pie Mash Potato topping recipe	Sweet & Sour Vegetables with Rice (No Noodles)	Quorn Roast with Roast Potatoes and Gluten Free Gravy	Gluten Free Creamy Vegetable Pie with Mash Potato Topping Sweet corn Peppers	Gluten Free Macaroni Cheese (No Garlic Slice) Baked Beans Garden Peas
	Dessert	Cauliflower Peas Gluten Free Wholemeal Plum & Vanilla Crumble with Custard Yoghurt Fresh Fruit Platter	Carrots Green Beans Fruit Jelly Yoghurt Fresh Fruit Salad	Savoy Cabbage Swede Yoghurt Fresh Fruit Platter	GF Apple Sponge Recipe Yoghurt Fresh Fruit Salad	Gluten Free Lemon Drizzle Cake Yoghurt Fresh Fruit Chunks
Week 2	Main	Beef meatballs in tomato sauce with Gluten Free pasta	Gluten Free Chicken Neapolitan Gluten Free Pasta	Roast Turkey with Roast Potatoes and Gluten Free Gravy	Beef Bolognese with Gluten Free Pasta	Gluten Free Bubble Fish with Chips
	Vegetarian	GF Vegetable Pasta Bake recipe Coleslaw Sweet corn	GF Roast Vegetable Pizza Recipe Broccoli Carrots	Carrots Courgettes	Lentil & Sweet Potato Curry with Rice Roasted Mixed Vegetables	Gluten Free Cheese & Tomato Quiche with Chips Baked Beans Garden Peas
	Dessert	Fruit Jelly Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Chunks	Gluten Free Plain Sponge with Yoghurt Fresh Fruit Salad	Gluten Free Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Gluten Free Chocolate & Beetroot Brownie Yoghurt Fresh Fruit Chunks
Week 3	Main	Gluten Free BBQ Chicken Pizza with Jacket Wedges	Gluten Free Cottage Pie Recipe	Roast Chicken (No Stuffing) with Roast Potatoes and Gluten Free Gravy	Savoury Mince Beef with Gluten Free Pasta	Gluten Free Bubble Fish with Chips
	Vegetarian	GF Mushroom Bake Recipe Sweet corn Mixed Peppers	Gluten Free Vegetable Wholemeal Pasta Bake Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Red Pepper Frittata with New Potatoes Broccoli Tomato Salad	Gluten Free Cheese & Tomato Pizza with Chips Garden Peas Baked Beans
	Dessert	Gluten Free Pear Sponge with Custard Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese & Apple (No biscuits) Yoghurt Fresh Fruit Chunks	Fruit Jelly Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Platter

