

NO BREAD

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.

NGCI Silver Menu
Autumn 2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	NGCI Sausages and Mashed Potato	NGCI Chicken and Ginger Stir Fry (No Soy Sauce) with Rice (No Noodles)	Roast Gammon with Roast Potatoes and NGCI Gravy	Chicken Tikka with Rice	NGCI Bubble Fish with Chips
	Vegetarian	Vegetarian Butterbean Risotto		Quorn Roast with Roast Potatoes and NGCI Gravy	NGCI Macaroni Cheese (No Garlic Slice)	Sweet & Sour Vegetables with Rice (No Noodles)
	Side	Carrots Peas	Sweet Corn Green Beans	Carrot and Cauliflower	Sweet Corn Broccoli	Baked Beans Garden Peas
	Dessert	NGCI Apple Crumble & Custard Yoghurt Fresh Fruit Platter	NGCI Chocolate Shortbread Yoghurt Fresh Fruit Salad	NGCI Sponge Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Salad	NGCI Sponge Yoghurt Fruit Platter
	03-Sep 24-Sep 15-Oct 12-Nov 03-Dec					
Week 2	Main	Brakes Beef Meatballs in Tomato Sauce with Rice	NGCI Chicken and Broccoli Pasta Bake	Roast Turkey with Roast Potatoes and NGCI Gravy	Beef Bolognese with NGCI Pasta	NGCI Bubble Fish with Chips
	Vegetarian		Quorn Mince Bolognaise with NGCI Pasta			NGCI Cheese & Tomato Quiche with Chips
	Side	Coleslaw Sweet Corn	Peas Carrots	Broccoli Cauliflower	Roasted Mixed Vegetable Sliced Green Beans	Baked Beans Garden Peas
	Dessert	NGCI Eves Pudding with Custard Yoghurt Fresh Fruit Platter	NGCI Pineapple Upside Down Yoghurt Fresh Fruit Chunks	NGCI Shortbread Yoghurt Fresh Fruit Salad	NGCI Peach Crumble with Custard Yoghurt Fresh Fruit Platter	NGCI Sponge Yoghurt Fresh Fruit Salad
	10-Sep 01-Oct 29-Oct 19-Nov 10-Dec					
Week 3	Main	NGCI Chicken and Red Pepper Pizza	NGCI Cottage Pie with NGCI Gravy	Roast Chicken with Roast Potatoes and NGCI Gravy (No Stuffing)	Beef Bolognese with NGCI Pasta	NGCI Bubble Fish with Chips
	Vegetarian				Red Pepper Frittata with New Potatoes	NGCI Cheese & Tomato Pizza with Chips
	Side	Sweet Corn Mixed Green Salad	Green Beans Glazed Carrots	Savoy Cabbage Broccoli	Sweet Corn Tomato Salad	Baked Beans Garden Peas
	Dessert	NGCI Sponge Cake Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese and Apple (No Biscuits) Yoghurt Fresh Fruit Chunks	NGCI Chocolate Sponge with Chocolate Drizzle Yoghurt Fresh Fruit Salad	NGCI Shortbread Yoghurt Fresh Fruit Salad
	17-Sep 08-Oct 05-Nov 26-Nov 17-Dec					