

**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.

Spring  
Menu 2019

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Sweet & Sour Chicken with Noodles	Beef Macaroni Pastitsio with Garlic Bread	Roast Pork with Roast Potatoes and Gravy	Beef Chilli Con Carne with Rice	MSC Breaded Fish Chipped Potatoes, Tomato Sauce
31-Dec 21-Jan 11-Feb 11-Mar 01-Apr	<b>Vegetarian</b>	Vegetable Wholemeal Pasta Bake	Wholemeal Spinach & Tomato Quiche with New Potatoes	Vegetable Wellington	Macaroni Cheese	Glamorgan Sausage with Chipped Potatoes
	<b>Side</b>	Sweet Corn Green Beans	Peas Cauliflower	Carrot & Swede Mash Broccoli	Sweet Corn Green Salad	Baked Beans Garden Peas
	<b>Dessert</b>	Oaty Peach Crumble & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Chocolate & Mandarin Brownie, Natural Flavoured Yoghurt or Fresh Fruit	Oaty Cookie, Natural Flavoured Yoghurt or Fresh Fruit	Pineapple Upside down Cake with Custard, Natural Flavoured Yoghurt or Fresh Fruit	Iced Sponge Yoghurt and Fruit Station
<b>Week 2</b>	<b>Main</b>	Pork Sausages with Mashed Potato & Gravy	Chicken and Sweet Corn Puff Pastry Pie with New Potatoes	Roast Turkey with Roast Potatoes & Gravy	Beef Spaghetti Bolognaise with a Garlic Slice	MSC Battered Fish Chipped Potatoes, Tomato Sauce
08-Jan 28-Jan 25-Feb 18-Mar	<b>Vegetarian</b>	Cheesy Parsnip & Sweet Potato Tart with Creamed Potatoes	Lentil and Vegetable Curry with Rice	Potato & Courgette Layer Bake	Creamy Mashed Potato Vegetable Pie	Cheese Tomato & Spinach Frittata with Chipped Potatoes
	<b>Side</b>	Cauliflower Peas	Broccoli Sliced Carrots	Red Cabbage Green Beans	Sweet Corn Green Salad	Baked Beans Garden Peas
	<b>Dessert</b>	Chocolate Shortbread, Natural Flavoured Yoghurt or Fresh Fruit	Banana Sponge & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Apple, Cheese and Biscuits, Natural Flavoured Yoghurt or Fresh Fruit	Wholemeal Mixed Fruit Crumble & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Cinnamon Cookie Yoghurt and Fruit Station
<b>Week 3</b>	<b>Main</b>	Wholemeal BBQ Chicken Pizza with Potato Wedges	Beef and Vegetable Hotpot with Sliced Potatoes	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack & Rice	MSC Salmon Fish Fingers /Fish Fingers Chipped Potatoes, Tomato Sauce
14-Jan 04-Feb 04-Mar 25-Mar	<b>Vegetarian</b>	Wholemeal Cheese & Tomato Pizza with Potato Wedges	Creamy Broccoli Pasta Bake	Cheese & Pepper Whirl with Roast Potatoes	Vegetable and Apricot Tagine with Couscous	Spanish Omelette with Chipped Potatoes
	<b>Side</b>	Sweet Corn Green Beans	Shredded Cabbage Peas	Broccoli Carrots	Roasted Vegetable Medley Sweet Corn	Baked Beans Garden Peas
	<b>Dessert</b>	Apple & Strawberry Strudel with Custard, Natural Flavoured Yoghurt or Fresh Fruit	Lemon & Mixed Berry Cake, Natural Flavoured Yoghurt or Fresh Fruit	Mandarins & Ice Cream Natural Flavoured Yoghurt or Fresh Fruit	Pear Crumble and Custard, Natural Flavoured Yoghurt or Fresh Fruit	Chocolate & Banana Oaty Square Yoghurt & Fruit Station