

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.

School Name
Spring Silver Menu
2018

caterlink
feeding the imagination

Week commencing		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Chicken Chow Mein	Beef Lasagne with Garlic Bread	Roast Gammon with Roast Potatoes and Gravy	Beef Meatballs in a Tomato Sauce with Rice	MSC Breaded Fish with Chipped Potatoes, Tomato Sauce
01-Jan 22-Jan 29-Feb 12-Mar	Vegetarian	Macaroni Cheese with Tomato Topping	Wholemeal Spinach & Tomato Quiche with New Potatoes	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Potato & Courgette Layer Bake	Glamorgan Sausage with Chipped Potatoes
	Side	Sweet Corn Green Beans	Mixed Salad Garden Peas	Carrot & Swede Mash Cauliflower Florets	Sweet Corn Broccoli Florets	Baked Beans Garden Peas
	Dessert	Fruity Shortbread	Apple and Mixed Berry Crumble and Custard	Apple, Cheese and Biscuits	Pineapple Upside Down Cake with Custard	Pear & Ginger Muffin
Week 2	Main	Hot Dogs with Homemade Tomato Sauce and Homemade Jacket Wedges	Wholemeal Barbecue Chicken Pizza with Jacket Potato	Roast Turkey with Roast Potatoes & Gravy	Beef Spaghetti Bolognese With Garlic Slice	MSC Battered Fish Chipped Potatoes, Tomato Sauce
08-Jan 29-Jan 26-Feb 19-Mar	Vegetarian	Vegetable Wholemeal Pasta Bake	Lentil and Vegetable Curry with Rice	Cheese & Pepper Whirl with Roast Potatoes	Mixed Bean Cassoulet with New Potatoes	Cheese and Tomato Pizza with Chipped Potatoes
	Side	Coleslaw Green Salad	Roasted Vegetables	Broccoli Sliced Carrots	Green Beans Sweet Corn	Baked Beans Garden Peas
	Dessert	Pear Crumble with Custard	Banana Sponge with Custard	Chocolate Cookie	Apple & Berry Strudel with Custard	Chocolate and Orange Brownie
Week 3	Main	Beef Macaroni Pastitsio	Turkey & Leek Pie with Mash Potato Topping	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack With Garlic Slice	MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
15-Jan 05-Feb 05-Mar 26-Mar	Vegetarian	Chinese Vegetarian Spring Roll with Oven Baked New Potatoes	Quorn Mince Pasta Bolognese	Vegetarian Wellington with Roast Potatoes	Chick Pea Aloo Chaat with Rice	Cheese Tomato & Spinach Frittata with Chipped Potatoes
	Side	Broccoli Sweet Corn	Cauliflower Green Beans	Shredded Cabbage Carrots	Mixed Salad Sweet Corn	Baked Beans Garden Peas
	Dessert	Carrot & Sultana Cake with Custard	Apple & Raisin Flapjack	Jelly with a Side of Mandarins	Wholemeal Peach Crumble with Custard	Lemon & Cucumber Cake



Available Daily
Freshly cooked jacket potatoes with a choice of fillings
(where advertised)
Bread freshly baked on site daily
Daily salad selection & Fresh fruit and yoghurt