caterlink
feeding the imagination

# WBC Spring Menu 2020

Added Plant Power
Vegan
Wholemeal

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|---|
| **WEEK ONE**<br>**06/01/2020**<br>**27/01/2020**<br>**24/02/2020**<br>**16/03/2020** | **Option 1** | Chicken Curry with 50/50 Rice | Sausage, Mashed Potatoes and Gravy | Roast Chicken with Stuffing, Roast Potatoes and Gravy | Tomato and Vegetable Pasta with Garlic Slice | Fish Fingers/Salmon Fish Fingers with Chips |
| | **Option 2** | Macaroni Cheese | Glamorgan Vegetarian Sausages, Mashed Potato and Gravy | Vegetable Wellington with Roast Potatoes and Gravy | Lentil and Sweet Potato Curry with Rice | Cheese and Tomato Quiche with Chips |
| | **Vegetables** | Sweet Corn<br>Peas | Cauliflower<br>Broccoli | Carrots<br>Green Beans | Roasted Vegetables<br>Green Salad | Baked Beans<br>Peas |
| | **Dessert** | Apple Flapjack<br>Yoghurt<br>Fresh Fruit | Pineapple Cake<br>Yoghurt<br>Fresh Fruit | Apple, Cheese & Crackers<br>Yoghurt<br>Fresh Fruit | Syrup Sponge with Custard<br>Yoghurt<br>Fresh Fruit | Fresh Fruit and Yoghurt Station<br>Chocolate Cookie |
| **WEEK TWO**<br>**13/01/2020**<br>**03/02/2020**<br>**02/03/2020**<br>**23/03/2020** | **Option 1** | Cheese and Tomato Pizza with Baked Wedges | Sausage Plait with New Potatoes | Roast Gammon Roast Potatoes and Gravy | Mexican Beef Chilli with Rice & Garlic Slice | Breaded Fish with Chips |
| | **Option 2** | Chickpea Curry with Rice | Potato and Courgette Layer bake | Quorn Roast Fillet with Roast Potatoes and Gravy | Vegetarian Bolognaise with Rice & Garlic Slice | Cheese Frittata with Chips |
| | **Vegetables** | Sweet Corn<br>Carrots | Peas<br>Cauliflower | Cabbage<br>Green Beans | Sweet Corn<br>Broccoli | Baked Beans<br>Peas |
| | **Dessert** | Oaty Pear Crumble and Custard<br>Yoghurt<br>Fresh Fruit | Chocolate Cake with Chocolate Drizzle<br>Yoghurt<br>Fresh Fruit | Apple, Cheese & Crackers<br>Yoghurt<br>Fresh Fruit | Carrot & Courgette Cake<br>Yoghurt<br>Fresh Fruit | Fresh Fruit and Yoghurt Station<br>Orange & Lemon Shortbread |
| **WEEK THREE**<br>**20/01/2020**<br>**10/02/2020**<br>**09/03/2020**<br>**30/03/2020** | **Option 1** | Plant Based Beef Lasagne | Chicken & Sweetcorn Pie with New Potatoes& Gravy | Roast Pork Loin Roast Potatoes and Gravy | Chicken Stir Fry with Rice | Fish in Batter With Chips |
| | **Option 2** | Butterbean Vegetable Risotto | Vegetable Hotpot | Cheese and Pepper Whirl with Roast Potatoes and Gravy | Wholemeal Pasta Bake | Bean and Lentil Burger with Chips |
| | **Vegetables** | Sweet Corn<br>Broccoli | Cauliflower<br>Green Beans | Swede<br>Peas | Carrot Sticks<br>Tomato & Onion Salad | Baked Beans<br>Peas |
| | **Dessert** | Oaty Cookie<br>Yoghurt<br>Fresh Fruit | Banana Sponge and Custard<br>Yoghurt<br>Fresh Fruit | Apple, Cheese & Crackers<br>Yoghurt<br>Fresh Fruit | Chocolate and Orange Brownie<br>Yoghurt<br>Fresh Fruit | Fresh Fruit and Yoghurt Station<br>Iced Bun |

**Available Daily:**
- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

**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. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

WOKINGHAM BOROUGH COUNCIL