

**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.

## Summer Silver Menu 2019



		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	50% Plant Based Spaghetti Bolognese	Sausages with mashed Potato and Gravy	Roast (as advertised) with Gravy	Chicken and Bean Fajitas with Rice	Salmon Fish Finger / Fish Fingers, served Tomato Sauce
	<b>Vegetarian</b>	50/50 Pasta Neapolitan with Spinach	Quorn Sausages with mashed Potato and Gravy	Mixed Vegetable Loaf with Gravy	Vegetable & Bean Fajitas with Rice	Homemade wholemeal cheese & Tomato Quiche
		Carrots Broccoli	Sweetcorn Green Beans	Fresh Mixed Seasonal Vegetables Roast Potatoes New Potatoes	Roasted Vegetables	Baked Beans Garden Peas Chips New Potatoes
	<b>Dessert</b>	Fruit Short bread	Vanilla, Lime and Butterbean Cake Yoghurt Fresh Fruit Salad	Cheese & Biscuits Yoghurt Fresh Fruit Platter	Pear Crumble served with Custard Yoghurt Fresh Fruit Salad	Fruit and Yoghurt Station
<b>Week 2</b>	<b>Main</b>	Beef Burger in a Bun with Baked Jacket Wedges	BBQ Chicken with 50/50 Rice	Roast (as advertised) with Gravy	Lasagne with Garlic Bread	MSC Fish Fingers, served with , Tomato Sauce
	<b>Vegetarian</b>	Quorn Burger in a Bun with Baked Jacket Wedges	Macaroni Cheese	Lentil and Basil Puff Pastry Turnover with Gravy	Vegetarian Fajitas with 50/50 Rice	<b>Vegetable Enchiladas</b> Garden Peas Baked Beans Chips Lemon & Parsley Couscous
		Fresh roasted vegetables	Green Beans Carrots	Fresh Mixed Seasonal Vegetables Roast Potatoes Boiled Potatoes	Broccoli Sweet corn	
	<b>Dessert</b>	Banana Loaf	Oaty Peach Crumble served with Custard Yoghurt Fresh Fruit Platter	Cheese & Biscuits Yoghurt Fresh Fruit Platter	Peach Upside Down Cake with Custard Yoghurt Fresh Fruit Platter	Fruit and Yoghurt Station
<b>Week 3</b>	<b>Main</b>	Wholemeal BBQ chicken Pizza with New Potatoes	50% Plant Based Chicken Tikka Masala with Rice & Curry Bread	Roast Chicken & Stuffing with Gravy	Minced Beef Pasta Bake 50/50 Served with a Garlic Slice	MSC Fish Fingers, served with , Tomato Sauce
	<b>Vegetarian</b>	Wholemeal Cheese and Tomato Pizza with New Potatoes	Lentil and Sweet Potato Curry with Rice & Curry Bread	Vegetable Wellington with Gravy	Vegetable Pasta Bake 50/50 served with a Garlic Slice	Spanish Omelette, served with Tomato Sauce
		Sliced Carrots & Green Beans	Mixed Vegetables	Broccoli and Cauliflower Roast Potatoes New Potatoes	Roasted vegetables	Baked Beans Garden Peas Chips New Potatoes
	<b>Dessert</b>	Blackberry & Apple Cobbler	Ice cream & Peaches Yoghurt Fresh Fruit Platter	Cheese & Biscuits Yoghurt Fresh Fruit Platter	Wholemeal Apple Crumble served with custard Yoghurt Fresh Fruit Platter	Fruit and Yoghurt Station

