

**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.

Silver Menu Basic  
Spring 2019

caterlink  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Beef & Bean Fajitas Served with Lemon and parsley Couscous	Chicken and Tomato Pasta	Roast (as advertised) and Gravy	Chicken Noodles	MSC Breadcrd Fish and Tomato Sauce
	<b>Vegetarian</b>	Vegetable Bean Fajitas Served with Lemon and Parsley Couscous	Vegetable Pasta Bake	Cheese & Pepper Whirl	Vegetable Noodles	Glamorgan Sausage
	<b>Vegetables</b>	Sweetcorn Green Beans	Baked Tomatoes Peas	Carrot Swede mash Roast Potatoes New Potatoes	Sweetcorn Mixed Pepper	Baked Beans Garden Peas Chips New Potatoes
	<b>Dessert</b>	Apple & Strawberry Cobbler with Custard	Pear Crumble (WM) and Custard	Apple, Cheese and Biscuits	Pineapple Upside down Cake with Custard	Yoghurt and Fruit Station
<b>Week 2</b>	<b>Main</b>	Hot Dogs with Tomato Sauce and Wedges	Chicken Curry with Rice 50/50	Roast (as advertised) and Gravy	Spaghetti Bolognaise	MSC Battered Fish and Tomato Sauce
	<b>Vegetarian</b>	Veggie Hot Dog with Tomato Sauce and Wedges	Vegetable and Apricot Tagine with Rice 50/50	Mixed Vegetable Roast	Macaroni Cheese	Chickpea & Vegetable Hot Pot
	<b>Vegetables</b>	Coleslaw Green Salad	Broccoli Sliced Carrots	Red Cabbage Green Beans Roast Potatoes New Potatoes	Peppers Sweetcorn	Baked Beans Garden Peas Chips Parsley Potatoes
	<b>Dessert</b>	Fruit Shortbread	Carrot & Courgette Cake served with Custard	Apple, Cheese and Biscuits	Mixed Fruit Crumble (WM) & Custard	Yoghurt and Fruit Station
<b>Week 3</b>	<b>Main</b>	BBQ Chicken Pizza (WM) with Wedges	Beef Lasagne	Roast (as advertised) and Gravy	Chilli with Rice 50/50	MSC Salmon Fish Fingers and Tomato Sauce
	<b>Vegetarian</b>	Cheese and Tomato Pizza (WM) with Wedges	Vegetable Lasagne	Vegetable Wellington and Gravy	Five Bean Chilli with Rice 50/50	Spanish Omelette
	<b>Vegetables</b>	Sweetcorn Green Beans	Broccoli Tomatoes	Shredded Cabbage Carrots Parsley Potatoes Roast Potatoes	Roasted Vegetable Medley	Baked Beans Garden Peas Couscous Chips
	<b>Dessert</b>	Oaty Peach Crumble and Custard	Mandarins & Ice Cream	Apple, Cheese and Biscuits	Lemon & Mixed Berry Cake	Yoghurt & Fruit Station

Available Daily

Freshly cooked jacket potatoes with a choice of fillings (where advertised)

Bread freshly baked on site daily