

**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 Silver Menu 2017

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Spaghetti Bolognaise	Beef Goulash with Rice	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Lamb Shepherds Pie with Gravy	MSC Fishwich in a Bun With Chipped Potatoes, Tomato Sauce
02-Jan	<b>Vegetarian</b>	Feta, Tomato and Spinach Quiche (made with wholemeal flour) with New Potatoes	Macaroni Cheese with Tomato topping	Spring Vegetable Risotto	Lentil & Sweet Potato Curry with Rice	Veggie Hot Dog with Chipped Potatoes
23-Jan		Carrots Swede	Sweet corn & Peas	Cabbage Carrots	Broccoli & Cauliflower	Grilled Tomatoes Garden Peas
20-Feb	<b>Dessert</b>	Eves Pudding with Custard	Fruit Yoghurt and Shortbread	Trifle	Pear and Raisin Upside down Cake with Custard	Iced Sponge
13-Mar						
<b>Week 2</b>	<b>Main</b>	Sausages with Creamed Potatoes and Gravy	BBQ Chicken Pizza with Baked Potato	Roast Turkey with Roast Potatoes & Gravy	Beef & Vegetable Hot Pot with Baby New Potatoes	MSC Battered Fish Chipped Potatoes, Tomato Sauce
09-Jan	<b>Vegetarian</b>	Creamy Vegetable Pie with Mashed Potato	Vegetarian Pasta Bolognaise	Vegetable Wrap with Roast Potatoes	Red Pepper and Cheese Frittata with Baby New Potatoes	Cheese and Tomato Pizza with Chipped Potatoes
30-Jan		Garden Peas Carrots	Coleslaw Mixed Salad	Broccoli Crushed Swede	Baked Tomatoes Sweet corn	Baked Beans Garden Peas
27-Feb	<b>Dessert</b>	Apple Crumble and Custard	Pear and Ginger Muffin Cake with Custard	Cherry Cobbler (made with wholemeal flour) with Custard	Wholemeal Banana Sponge with Custard	Chocolate and Beetroot Brownie
20-Mar						
<b>Week 3</b>	<b>Main</b>	Beef Burger in a Bun with Baby New Potatoes	Turkey and Leek Pie with Creamed Potato & Gravy	Roast (as advertised) with Roast Potatoes and Gravy	Beef Lasagne with Garlic Slice	MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
16-Jan	<b>Vegetarian</b>	Vegetable and Bean Cobbler with New Potatoes	Lentil and Spinach Curry with Rice	Vegetarian Wellington with Roast Potatoes	Vegetable Goulash with Rice	Bean and Lentil Burger with Chipped Potatoes
06-Feb		Carrots Sweet Corn	Cauliflower Broccoli	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
06-Mar	<b>Dessert</b>	Pineapple upside down Cake and Custard	Chocolate Oaty Square with Chocolate Sauce	Crunchy Plum and Vanilla Crumble with Custard	Carrot and Courgette Pudding with Custard	Apple Flapjack
27-Mar						



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

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# Spring Silver (MF) Menu 2017

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		<b>Meat Free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 1</b>	<b>Main</b>	Veggie Mince Spaghetti Bolognese	Beef Goulash with Rice	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Lamb Shepherds Pie with Gravy	MSC Fishwich in a Bun With Chipped Potatoes, Tomato Sauce
02-Jan	<b>Vegetarian</b>	Feta, Tomato and Spinach Quiche (made with wholemeal flour) with New Potatoes	Macaroni Cheese with Tomato topping	Spring Vegetable Risotto	Lentil & Sweet Potato Curry with Rice	Veggie Hot Dog with Chipped Potatoes
23-Jan		Carrots Swede	Sweet corn & Peas	Cabbage Carrots	Broccoli & Cauliflower	Grilled Tomatoes Garden Peas
20-Feb	<b>Dessert</b>	Eves Pudding with Custard	Fruit Yoghurt and Shortbread	Trifle	Pear and Raisin Upside down Cake with Custard	Iced Sponge
13-Mar						
<b>Week 2</b>	<b>Main</b>	Quorn Sausages with Creamed Potatoes and Gravy	BBQ Chicken Pizza with Baked Potato	Roast Turkey with Roast Potatoes & Gravy	Beef & Vegetable Hot Pot with Baby New Potatoes	MSC Battered Fish Chipped Potatoes, Tomato Sauce
09-Jan	<b>Vegetarian</b>	Creamy Vegetable Pie with Mashed Potato	Vegetarian Pasta Bolognese	Vegetable Wrap with Roast Potatoes	Red Pepper and Cheese Frittata with Baby New Potatoes	Cheese and Tomato Pizza with Chipped Potatoes
30-Jan		Garden Peas Carrots	Coleslaw Mixed Salad	Broccoli Crushed Swede	Baked Tomatoes Sweet corn	Baked Beans Garden Peas
27-Feb	<b>Dessert</b>	Apple Crumble and Custard	Pear and Ginger Muffin Cake with Custard	Cherry Cobbler (made with wholemeal flour) with Custard	Wholemeal Banana Sponge with Custard	Chocolate and Beetroot Brownie
20-Mar						
<b>Week 3</b>	<b>Main</b>	Bean Burger in a Bun with Baby New Potatoes	Turkey and Leek Pie with Creamed Potato & Gravy	Roast (as advertised) with Roast Potatoes and Gravy	Beef Lasagne with Garlic Slice	MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
16-Jan	<b>Vegetarian</b>	Vegetable and Bean Cobbler with New Potatoes	Lentil and Spinach Curry with Rice	Vegetarian Wellington with Roast Potatoes	Vegetable Goulash with Rice	Bean and Lentil Burger with Chipped Potatoes
06-Feb		Carrots Sweet Corn	Cauliflower Broccoli	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
06-Mar	<b>Dessert</b>	Pineapple upside down Cake and Custard	Chocolate Oaty Square with Chocolate Sauce	Crunchy Plum and Vanilla Crumble with Custard	Carrot and Courgette Pudding with Custard	Apple Flapjack
27-Mar						



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