

**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.

## Harmondsworth Primary Autumn Menu 2017

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Chicken Sausages with Mash & Gravy	Chicken Tikka served with Rice	Roast Chicken with Roast Potatoes & Gravy	Lamb Shepherd's Pie with Gravy	MSC Fish fingers with Chips
<b>4<sup>th</sup> Sept</b>	<b>Vegetarian</b>	Quorn Sausages & Mash with Gravy	Sweet & Sour Vegetables served with Rice	Quorn Roast with Roast Potatoes & Gravy	Creamy Vegetable Pie with Mash Potato Topping	Macaroni Cheese with Garlic Slice
<b>25<sup>th</sup> Sept</b>		Cauliflower Peas	Carrots Green Beans	Savoy Cabbage Swede	Sweet Corn Peppers	Baked Beans Garden Peas
<b>16<sup>th</sup> Oct</b>		Strawberry Mousse Yoghurt Fresh Fruit Platter	Apple & Raisin Flapjack Yoghurt Fresh Fruit Salad	Carrot and Courgette Cake & Custard Yoghurt Fresh Fruit Platter	Dutch Apple Pie & Custard Yoghurt Fresh Fruit Salad	Lemon Drizzle Cake Yoghurt Fresh Fruit Chunks
<b>13<sup>th</sup> Nov</b>	<b>Dessert</b>					
<b>4<sup>th</sup> Dec</b>						
<b>Week 2</b>	<b>Main</b>	Beef Burger with Jacket Wedges	Chicken Neapolitan Wholemeal Pasta	Roast Chicken with Roast Potatoes & Gravy	Spaghetti Beef Bolognese	MSC Fish Fingers with Chips
<b>11<sup>th</sup> Sept</b>	<b>Vegetarian</b>	Vegetable Lasagne with Jacket Wedges	Lentil & Basil Puff Pastry Turnover with New Potatoes	Mixed Vegetable Loaf with Roast Potatoes & Gravy	Lentil & Sweet Potato Curry with Rice	Cheese & Tomato Quiche with Chips
<b>2<sup>nd</sup> Oct</b>		Coleslaw Sweet Corn	Broccoli Carrots	Carrots Courgettes	Roasted Mixed Vegetables	Baked Beans Garden Peas
<b>30<sup>th</sup> Oct</b>		Orange Bread & Butter Pudding with Custard Yoghurt Fresh Fruit Platter	Wholemeal Banana Loaf Yoghurt Fresh Fruit Chunks	Vanilla Shortbread Yoghurt Fresh Fruit Salad	Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Chocolate & Beetroot Brownie Yoghurt Fresh Fruit Chunks
<b>20<sup>th</sup> Nov</b>	<b>Dessert</b>					
<b>11<sup>th</sup> Dec</b>						
<b>Week 3</b>	<b>Main</b>	BBQ Chicken Pizza with Jacket Wedges	Minced Beef Tortilla Stack with Mashed Potatoes	Roast Chicken with Stuffing with Roast Potatoes & Gravy	Beef Lasagne	MSC Breaded Fish with Chips
<b>18<sup>th</sup> Sept</b>	<b>Vegetarian</b>	Bean Vegetable Chilli with Rice	Vegetable Wholemeal Pasta Bake	Vegetable Wellington with Roast Potatoes and Gravy	Vegetable Frittata with New Potatoes	Cheese & Tomato Pizza with Chips
<b>9<sup>th</sup> Oct</b>		Sweet Corn Mixed Peppers	Green Beans Glazed Carrots	Savoy Cabbage Sweet Corn	Broccoli Tomato Salad	Garden Peas Baked Beans
<b>6<sup>th</sup> Nov</b>		Vanilla Sponge with Custard Yoghurt Fresh Fruit Platter	Fruit Jelly Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks	Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Salad	Ice Cream Yoghurt Fresh Fruit Platter
<b>27<sup>th</sup> Nov</b>	<b>Dessert</b>					
<b>18<sup>th</sup> Dec</b>						



**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



**Daily Menu  
Offer**



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**Each day Caterlink provide a balanced menu choice for children at your school.**

**They have the choice from the following each day**

**Main course which is either a vegetarian, meat/fish or jacket potato option  
With**

**Carbohydrate such as potato, rice or pasta**

**As well as**

**Two vegetables which they can have as much as they like**

**In addition they also have available**

**Free flowing salad bar and homemade bread which is in a self serve area**

**Dessert is as advertised or fresh fruit or yoghurt**