

**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.

# TREGOZE Autumn 2017

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>  4 <sup>th</sup> sept 25 <sup>th</sup> Sept 16 <sup>th</sup> Oct 13 <sup>th</sup> Nov 4 <sup>th</sup> Dec	<b>Main</b>	Sausages with Mash & Gravy	Shepherd's Pie with Gravy	Roast Beef with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Fish Fingers with Chips
	<b>Vegetarian</b>	Quorn Sausages & Mash with Gravy	Sweet & Sour Vegetables with Rice	Quorn Roast with Roast Potatoes and Gravy	Macaroni Cheese with Garlic Slice	Creamy Vegetable Pie with Mash Potato Topping
		Cauliflower Peas	Carrots Green Beans	Mixed Vegetables	Sweet corn Peppers	Baked Beans Garden Peas
	<b>Dessert</b>	Fruit Crumble with Custard Yoghurt Fresh Fruit Platter	Flapjack Yoghurt Fresh Fruit Salad	Carrot Cake & Custard Yoghurt Fresh Fruit Platter	Apple Pie & Custard Yoghurt Fresh Fruit Salad	Lemon Drizzle Cake Yoghurt Fresh Fruit Chunks
<b>Week 2</b>  11 <sup>th</sup> Sept 2 <sup>nd</sup> Oct 30 <sup>th</sup> Oct 20 <sup>th</sup> Nov 11 <sup>th</sup> Dec	<b>Main</b>	Beef Burger with Jacket Wedges	Chicken Neapolitan Pasta	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Fish Fingers with Chips
	<b>Vegetarian</b>	Vegetable Lasagne Jacket Wedges	Veggie Mince Chilli with Rice	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Lentil & Sweet Potato Curry with Rice	Cheese & Tomato Quiche with Chips
		Coleslaw Sweet corn	Broccoli Carrots	Mixed Vegetables	Peas & Sweetcorn Mix	Baked Beans Garden Peas
	<b>Dessert</b>	Orange Bread & Butter Pudding with Custard Yoghurt Fresh Fruit Platter	Banana Loaf Yoghurt Fresh Fruit Chunks	Shortbread with Yoghurt Fresh Fruit Salad	Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Chocolate & Beetroot Brownie Yoghurt Fresh Fruit Chunks
<b>Week 3</b>  18 <sup>th</sup> Sept 9 <sup>th</sup> Oct 6 <sup>th</sup> Nov 27 <sup>th</sup> Nov	<b>Main</b>	BBQ Chicken Pizza with Jacket Wedges	Minced Beef and Onion Pie with Mash Potatoes	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne	MSC Breaded or Battered Fish with Chips
	<b>Vegetarian</b>	Bean Vegetable Chilli with Rice	Vegetable Pasta Bake	Vegetable Wellington with Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Cheese & Tomato Pizza with Chips
		Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Garden Peas Baked Beans
	<b>Dessert</b>	Orange Drizzle Cake with Custard Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese and Biscuits Yoghurt Fresh Fruit Chunks	Apple Strudel with Custard Yoghurt	Marble Cake Yoghurt

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

And

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 a self serve area

Dessert is as advertised or fresh fruit or yogurt