

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 Menu Spring 2019

caterlink
the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 07 th Jan 28 th Jan 25 th Feb 25 th Feb 18 th Mar	Main	Chicken & Bean Fajitas With Jacket Wedges	Savoury Beef Mince Macaroni Cheese Bake	Roast Chicken with Stuffing Roast Potatoes and Gravy	Mild Chilli Con Carne with Rice	MSC Fish Fingers With Chipped Potatoes, Tomato Sauce
	Vegetarian	Vegetable Wholemeal Pasta Bake	Wholemeal Cheese & Tomato Quiche with New Potatoes	Spiced Vegetable, Chickpea and Soya Pattie with Roast Potatoes and Gravy	Quorn Sausages in a Hot Dog Roll with Potato Wedges	Cheese Tomato & Spinach Frittata with Chipped Potatoes
	Vegetables	Sweetcorn Green Beans	Cauliflower Garden Peas	Carrot & Swede mash	Sweetcorn & Mixed Peppers	Baked Beans Garden Peas
	Dessert	Apple & Strawberry Strudel with Custard, Natural Flavoured Yoghurt or Fresh Fruit	Pear Crumble and Custard, Natural Flavoured Yoghurt or Fresh Fruit	Oaty Cookie, Natural Flavoured Yoghurt or Fresh Fruit	Pineapple Upside down Cake with Custard, Natural Flavoured Yoghurt or Fresh Fruit	Yoghurt and Fruit Station
Week 2 14 th Jan 04 th Feb 04 th Mar 25 th Mar	Main	Hot Dogs with Homemade Tomato Sauce and Homemade Jacket Wedges	Chicken and Sweetcorn Puff Pastry Pie with New Potatoes and Gravy	Roast Turkey with Roast Potatoes & Gravy	Spaghetti Bolognaise	MSC Fish Fingers with Chipped Potatoes, Tomato Sauce
	Vegetarian	Quorn Mince Vegetarian Chilli with Rice	Lentil and Vegetable Curry with Rice	Cheese & Pepper Whirl with Roast Potatoes	Quorn and Mixed Bean Cassoulet with Mash Potato	Glamorgan Sausage with Chipped Potatoes
	Vegetables	Coleslaw Garden Peas	Broccoli Sliced Carrots	Red Cabbage Green Beans	Sweetcorn & Mixed Peppers	Baked Beans Garden Peas
	Dessert	Chocolate Shortbread, Natural Flavoured Yoghurt or Fresh Fruit	Banana Sponge & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Apple, Cheese and Biscuits, Natural Flavoured Yoghurt or Fresh Fruit	Wholemeal Mixed Fruit Crumble & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Yoghurt and Fruit Station
Week 3 21 st Jan 11 th Feb 11 th Mar 01 st Apr	Main	Beef Tortilla Stack & Rice	Wholemeal BBQ Chicken Pizza with Potato Wedges	Roast Pork with Roast Potatoes and Gravy	Beef and Vegetable Hotpot with Sliced Potatoes	MSC Fish Fingers OR MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
	Vegetarian	Vegetable and Apricot Tagine with Couscous	Soya Mince and Vegetable Stir Fry with Noodles	Quorn Roast With Roast Potatoes and Gravy	Macaroni Cheese with Garlic Bread	Wholemeal Cheese, Tomato & Red Pepper Pizza with Chipped Potatoes
	Vegetables	Sweetcorn Broccoli	Garden Peas Baked Beans	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
	Dessert	Oaty Peach Crumble and Custard, Natural Flavoured Yoghurt or Fresh Fruit	Lemon & Mixed Berry Cake, Natural Flavoured Yoghurt or Fresh Fruit	Mandarins & Ice Cream Natural Flavoured Yoghurt or Fresh Fruit	Chocolate and Mandarin Brownie, Natural Flavoured Yoghurt or Fresh Fruit	Yoghurt & Fruit Station

The Croft Primary

Available Daily
Freshly cooked jacket potatoes with a choice of fillings (where advertised)
Bread freshly baked on site daily
Daily salad selection