

**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.

# Egg Free Silver Menu Autumn 2018

**caterlink**  
feeding the imagination

|                                                |                   | Monday                                                        | Tuesday                                                   | Wednesday                                                 | Thursday                                                                | Friday                                      |
|------------------------------------------------|-------------------|---------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------|
| <b>Week 1</b><br><br>No Mayonnaise<br>No Bread | <b>Main</b>       | Sausage Pasta Bake                                            | Chicken and Ginger Stir Fry with Rice <b>(No Noodles)</b> | Roast (as advertised) with Roast Potatoes and Gravy       | Chicken Tikka with Rice                                                 | MSC Salmon Fishcake/ Fishfingers with Chips |
|                                                | <b>Vegetarian</b> | Vegetarian Butterbean Risotto                                 | Vegetable Enchiladas with Rice                            |                                                           | Sweet & Sour Vegetables <b>(No Quorn)</b> with Rice <b>(No Noodles)</b> | Macaroni Cheese with Garlic Slice           |
|                                                |                   | Baked Tomatoes Peas                                           | Peppers Green Beans                                       | Carrot and Swede Mash                                     | Sweet corn Broccoli                                                     | Baked Beans Garden Peas                     |
|                                                | <b>Dessert</b>    | Wholemeal Apple Crumble & Custard Yoghurt Fresh Fruit Platter | Chocolate Cocoa Cookie Yoghurt Fresh Fruit Salad          | Yoghurt Fresh Fruit Platter                               | Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Salad           | Yoghurt and Fruit Station                   |
| <b>Week 2</b><br><br>No Mayonnaise<br>No Bread | <b>Main</b>       | <b>Beef Meatballs</b> in Tomato Sauce with Rice               | Chicken and Broccoli Pasta Bake                           | Roast Turkey with Roast Potatoes and Gravy                | Spaghetti Beef Bolognese                                                | MSC Breaded Fish with Chips                 |
|                                                | <b>Vegetarian</b> | Soya Mince Lasagne Jacket Wedges                              |                                                           |                                                           | Chickpea Aloo Chaat with Rice                                           |                                             |
|                                                |                   | <b>(No Coleslaw)</b> Sweet corn                               | Peas Carrots                                              | Broccoli Cauliflower                                      | Roasted Mixed Vegetables                                                | Baked Beans Garden Peas                     |
|                                                | <b>Dessert</b>    | Yoghurt Fresh Fruit Platter                                   | Yoghurt Fresh Fruit Chunks                                | Chocolate & Banana Oaty Square Yoghurt Fresh Fruit Salad  | Oaty Peach Crumble with Custard Yoghurt Fresh Fruit Platter             | Yoghurt and Fruit Station                   |
| <b>Week 3</b><br><br>No Mayonnaise<br>No Bread | <b>Main</b>       |                                                               | Cottage Pie with Gravy                                    | Roast Chicken with Stuffing with Roast Potatoes and Gravy | Beef Lasagne <b>(No Garlic Bread)</b>                                   | MSC Battered Fish with Chips                |
|                                                | <b>Vegetarian</b> | Five Bean Chilli with Rice                                    | Shepherdess Pie                                           | Vegetable Wellington with Roast Potatoes and Gravy        |                                                                         |                                             |
|                                                |                   | Sweet corn Mixed Peppers                                      | Green Beans Glazed carrots                                | Savoy Cabbage Sweetcorn                                   | Broccoli Tomato Salad                                                   | Baked Beans Garden Peas                     |
|                                                | <b>Dessert</b>    | Yoghurt Fresh Fruit Platter                                   | Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad | Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks     | Yoghurt Fresh Fruit Salad                                               | Yoghurt and Fruit Station                   |



Available Daily  
Freshly cooked jacket potatoes with a choice of fillings (where advertised)  
Daily salad selection