

**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.

# Milk Free Silver Menu Autumn 2018

**caterlink**  
feeding the imagination

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



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