

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.

NGCI Silver Menu Autumn 2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main		NGCI Chicken and Ginger Stir Fry (No Soy Sauce) with Rice (No Noodles)	Roast (as advertised) with Roast Potatoes and NGCI Gravy	Chicken Tikka with Rice	NGCI Bubble Fish with Chips
No Bread	Vegetarian	Vegetarian Butterbean Risotto		Quorn Roast with Roast Potatoes and NGCI Gravy	Sweet & Sour Vegetables with Rice (No Noodles)	NGCI Macaroni Cheese (No Garlic Slice)
		Baked Tomatoes Peas	Peppers Green Beans	Carrot and Swede Mash	Sweet corn Broccoli	Baked Beans Garden Peas
	Dessert	NGCI Apple Crumble & Custard Yoghurt Fresh Fruit Platter	NGCI Chocolate Shortbread Yoghurt Fresh Fruit Salad	NGCI Sponge Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station
Week 2	Main	Beef Meatballs in Tomato Sauce with Rice	NGCI Chicken and Broccoli Pasta Bake	Roast Turkey with Roast Potatoes and NGCI Gravy	Beef Bolognese with NGCI Pasta	NGCI Bubble Fish with Chips
No Bread	Vegetarian		Quorn Mince Bolognaise with NGCI Pasta			NGCI Cheese & Tomato Quiche with Chips
		Coleslaw Sweet corn	Peas Carrots	Broccoli Cauliflower	Roasted Mixed Vegetables	Baked Beans Garden Peas
	Dessert	NGCI Eves Pudding with Custard Yoghurt Fresh Fruit Platter	NGCI Pineapple Upside Down Yoghurt Fresh Fruit Chunks	NGCI Shortbread Yoghurt Fresh Fruit Salad	NGCI Peach Crumble with Custard Yoghurt Fresh Fruit Platter	Yoghurt and Fruit Station
Week 3	Main	NGCI Chicken and Red Pepper Pizza	NGCI Cottage Pie with NGCI Gravy	Roast Chicken with Roast Potatoes and NGCI Gravy (No Stuffing)		NGCI Bubble Fish with Chips
No Bread	Vegetarian				Red Pepper Frittata with New Potatoes	NGCI Cheese & Tomato Pizza with Chips
		Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Baked Beans Garden Peas
	Dessert	NGCI Sponge Cake Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese and Apple (No Biscuits) Yoghurt Fresh Fruit Chunks	NGCI Chocolate Sponge with Chocolate Drizzle Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station



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