

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.

Food for Life Autumn 2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Sausage Pasta Bake	Chicken and Ginger Stir Fry with Noodles	Roast Pork with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Salmon Fishcake/ Fishfingers with Chips
	Vegetarian	Vegetarian Butterbean Risotto	Vegetable Enchiladas with Rice	Quorn Roast with Roast Potatoes and Gravy	Sweet & Sour Vegetables with Noodles	Macaroni Cheese with Garlic Slice
		Baked Tomatoes Peas	Peppers Green Beans	Carrot and Swede Mash	Sweet corn Broccoli	Baked Beans Garden Peas
	Dessert	Wholemeal Apple Crumble & Custard Yoghurt Fresh Fruit Platter	Chocolate Cocoa Cookie Yoghurt Fresh Fruit Salad	Carrot and Courgette Cake & Custard Yoghurt Fresh Fruit Platter	Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station
Week 2	Main	Beef Meatballs 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
	Vegetarian	Soya Mince Lasagne Jacket Wedges	Quorn Mince Bolognaise with Spaghetti	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Chickpea Aloo Chaat with Rice	Wholemeal Cheese & Tomato Quiche with Chips
		Coleslaw Sweet corn	Peas Carrots	Broccoli Cauliflower	Roasted Mixed Vegetables	Baked Beans Garden Peas
	Dessert	Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Pineapple Loaf 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
Week 3	Main	Beef Lasagne with Garlic Bread	Cottage Pie with Gravy	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Wholemeal Chicken and Red Pepper Pizza	MSC Battered Fish with Chips
	Vegetarian	Red Pepper Frittata with New Potatoes	Shepherdess Pie	Vegetable Wellington with Roast Potatoes and Gravy	Five Bean Chilli with Rice	Wholemeal Cheese & Tomato Pizza with Chips
		Broccoli Tomato Salad	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Sweet corn Mixed Peppers	Baked Beans Garden Peas
	Dessert	Chocolate Sponge with Chocolate Drizzle Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks	Mandarin Upside Down Cake Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station



Tregoze Primary School

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