

**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.

## Silver Menu Autumn 2019 GCC

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 02.09.2019 23.09.2019 14.10.2019 11.11.2019 02.12.2019	<b>Main</b>	Cheese & Tomato Pizza	Sausages & Mash	Roast Chicken and Stuffing with Roast Potatoes and Gravy	Chicken Pasta Bake	MSC Fish Fingers/Salmon Fish Fingers with Chips
	<b>Vegetarian</b>	Quorn Sausage with Potato Wedges	Five Bean Chilli with 50/ 50 Rice	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Vegetable Cottage Pie with Gravy	Spinach & Tomato Quiche with Chips
	<b>Jacket pot Soup</b>	<b>Jacket Potato with Beans</b>	<b>Tomato Soup with ½ filled baguette</b>	<b>Jacket Potato with Tuna</b>	<b>Vegetable Soup with ½ filled baguette</b>	<b>Jacket Potato with Cheese</b>
		Peas Coleslaw	Broccoli Sweetcorn	Cauliflower Carrot	Savoy Cabbage Sweetcorn	Baked Beans Peas
	<b>Dessert</b>	<b>Pear sponge &amp; Custard</b>	Iced Sponge	Chocolate Shortbread	Apple Crumble with Custard	Apple, Cheese and Biscuits Fruit and Yoghurt
Week 2 09.09.2019 30.09.2019 21.10.2019 18.11.2019 09.12.2019	<b>Main</b>	Roasted Vegetable Pizza	Cottage Pie with Gravy	Roast Gammon with Roast Potatoes and Gravy	Chicken Tagine with Couscous	MSC Fish in breadcrumbs with Chips
	<b>Vegetarian</b>	Vegetable Tagine with Couscous	Vegetarian Quorn Spaghetti Bolognese	Vegetarian Wellington with Roast Potatoes and Gravy	Macaroni Cheese	Red Pepper Frittata
	<b>Jacket pot Soup</b>	<b>Jacket Potato with Beans</b>	<b>Tomato soup with ½ filled baguette</b>	<b>Jacket Potato with Tuna</b>	<b>Vegetable Soup with ½ filled baguette</b>	<b>Jacket Potato with Cheese</b>
		Carrots Green Beans	Peas Cauliflower	Cabbage Swede	Sweetcorn Green Beans	Baked Beans Peas
	<b>Dessert</b>	Fruit Crumble with Custard	<b>Chocolate &amp; Beetroot Brownie</b>	Carrot Cake	Ginger Sponge with Custard	Apple, Cheese and Biscuits Fruit and Yoghurt
Week 3 16.09.2019 07.10.2019 04.11.2019 25.11.2019 16.12.2019	<b>Main</b>	Cheese & Pepper Pizza	Chicken, Pie with Mashed Potato	Roast Pork with Roast Potatoes and Gravy	Spaghetti Bolognese with Garlic Bread	MSC Fish in Batter with Chips
	<b>Vegetarian</b>	Bean & Lentil Burger with New Potatoes	Roasted Cauliflower Curry with Rice	Quorn Fillet with Roast Potatoes and Gravy	<b>Cheese &amp; Pepper Whirl</b>	Vegetable Pasta Bake
	<b>Jacket Pot Soup</b>	<b>Jacket Potato with Beans</b>	<b>Tomato Soup with ½ filled baguette</b>	<b>Jacket Potato with Tuna</b>	<b>Vegetable Soup with ½ filled baguette</b>	<b>Jacket Potato with Cheese</b>
		Peas Carrot & Beetroot Slaw	Sweetcorn Green Beans	Carrots Broccoli	Sweetcorn Savoy Cabbage	Baked Beans Peas
	<b>Dessert</b>	Fruit Strudel with Custard	Apple Flapjack	Orange Drizzle Cake	Chocolate and Mandarin Sponge with Chocolate Sauce	Apple, Cheese and Biscuits Fruit and Yoghurt