

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.

Gold Menu 2016

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Chicken & Broccoli Wholemeal Pasta Bake (made with free range chicken).	Shepherd's Pie with Gravy	Roast Beef with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Fish fingers OR MSC Salmon Nuggets with Chips
31-Oct	Vegetarian	Vegetable Goulash with Rice	Vegetarian Lasagne & Salad	Quorn Sausages with Roast Potatoes and Gravy	Mixed Bean Cassoulet with Jacket Potato	Vegetable Enchiladas with Chips
21-Nov						
12-Dec						
16-Jan	Dessert	Sweetcorn Cauliflower Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Platter	Carrots Green Beans Pear and Vanilla Crumble with Custard Yoghurt Fresh Fruit Platter	Savoy Cabbage Swede Carrot and Courgette Cake with Milk Yoghurt Fresh Fruit Platter	Spinach Roasted Mixed Peppers Steamed Apple Pudding & Custard Yoghurt Fresh Fruit Platter	Baked Beans Garden Peas Chocolate and Mandarin Muffin with Milk Yoghurt Fresh Fruit Platter
06-Feb						
27-Feb						
20-Mar						
Week 2	Main	Spaghetti Beef Bolognese (made with Organic Beef)	Beef Burger in a Bun with Baked Wedges & Homemade Tomato Ketchup	Roast Turkey with Roast Potatoes and Gravy	Cajun Chicken Pizza with Jacket Wedges (made with free range chicken).	MSC Breaded Fish with Chips
07-Nov	Vegetarian	Bean and Vegetable Hotpot	Spicy Vegetarian Burger with Baked Wedges & Homemade Tomato Ketchup	Mixed Vegetable Loaf with Roast Potatoes	Lentil & Spinach Curry with Rice	Cheese & Tomato Quiche with Chips
28-Nov						
02-Jan						
23-Jan	Dessert	Broccoli Carrots Bread & Butter Pudding with Custard Yoghurt Fresh Fruit Platter	Green Beans Sweetcorn Wholemeal Banana Loaf with Milk Yoghurt Fresh Fruit Chunks	Carrots Cauliflower Apple & Pear Cobbler with Custard Yoghurt Fresh Fruit Platter	Butternut Squash Roasted Mixed Vegetables Pineapple Upside Down Cake with Custard Yoghurt Fresh Fruit Platter	Baked Beans Garden Peas Chocolate & Beetroot Brownie with Milk Yoghurt Fresh Fruit Platter
13-Feb						
06-Mar						
27-Mar						
Week 3	Main	Sausages with Mash & Gravy	Lamb Meatballs in Tomato Sauce with Pasta	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Chilli Con Carne with Rice (made with Organic Beef)	MSC Fish fingers with Chips MSC Salmon Nuggets with Chips
14-Nov	Vegetarian	Quorn Sausage Toad in the Hole & Gravy	Red Pepper Frittata with Potatoes	Creamy Vegetable Pie Roast Potatoes	Macaroni Cheese with Garlic Slice	Cheese & Tomato Pizza with Chips
05-Dec						
09-Jan						
30-Jan	Dessert	Peas Carrots Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Green Beans Butternut Squash Chocolate & Date Rock Cake with Custard Yoghurt Fresh Fruit Platter	Savoy Cabbage Sweetcorn Fruity Flapjack with Milk Yoghurt Fresh Fruit Platter	Broccoli Cauliflower Apple & Mixed Berry Crumble with Custard Yoghurt Fresh Fruit Platter	Sweetcorn Baked Beans Wholemeal Banana Muffin with Milk Yoghurt Fresh Fruit Platter
20-Feb						
13-Mar						



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