

**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.

# Spring GOLD Menu 2018

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Hotdogs with tomato sauce and jacket wedges	Macaroni	Roast chicken with stuffing and Roast Potatoes and Gravy	Organic beef cottage pie	MSC Breaded Fish With Chips & Tomato Sauce
<b>Week 1</b>	<b>Vegetarian</b>	Potato & Courgette Layer Bake	Spinach & Tomato Quiche with New Potatoes	Mixed Vegetable Loaf With Roast Potatoes and Gravy	Quorn Mince Pasta Bolognaise	Vegetable fajita
01-Jan		Jacket potato with tuna mayo	Jacket potato with Beans	Jacket potato with Tuna mayo	Jacket potato with Cheese	Jacket potato with Beans
22-Jan		broccoli sweetcorn	peas Cauliflower	Carrot & Swede mash	Sweetcorn Roasted courgette	Baked Beans Garden Peas
19-Feb	<b>Dessert</b>	Shortbread Yoghurt Fruit platter	Apple and Mixed Berry Crumble & Custard Yoghurt Fruit chunks	flapjack Yoghurt Fruit pieces	Pineapple upside down Cake with Custard Yoghurt Fruit platter	Pear & Ginger Muffin Yoghurt Fruit salad
12-Mar						
<b>Week 2</b>	<b>Main</b>	Beef meatballs in tomato sauce with rice	Chicken and Red Pepper Pizza with baby Baked Potato (made with free range chicken)	Roast Turkey with Roast Potatoes & Gravy	Organic beef mince pasta bolognaise	MSC Battered Fish Chips & Tomato Sauce
<b>Week 2</b>	<b>Vegetarian</b>	Vegetable Pasta Bake	Lentil and Vegetable Curry with Rice	Cheese & Pepper Whirl with Roast Potatoes	Macaroni Cheese with Tomato topping	Quorn hotdog with chips
08-Jan		Jacket potato with tuna mayo	Jacket potato with Beans	Jacket potato with Tuna mayo	Jacket potato with Cheese	Jacket potato with Beans
29-Jan	Red Onion Slaw sweetcorn	Roasted Vegetables	Broccoli Sliced Carrots	cauliflower Sweet corn	Baked Beans Garden Peas	
26-Feb	<b>Dessert</b>	Pear Crumble and Custard Yoghurt Fruit platter	Lemon drizzle cake Yoghurt Fruit chunks	Chocolate Cookie Yoghurt Fruit pieces	Apple & Berry Strudel with Custard Yoghurt Fruit platter	Chocolate and Orange Brownie Yoghurt Fruit salad
19-Mar						
<b>Week 3</b>	<b>Main</b>	Beef Burger in a Bun with jacket wedges	Chicken tikka & rice	Roast pork with Roast Potatoes and Gravy	Beef Tortilla Stack with Garlic Slice (made with organic mince beef)	MSC Fish Fingers chips & Tomato Sauce
<b>Week 3</b>	<b>Vegetarian</b>	Mixed bean cassoulet with jacket wedges	Cheese & tomato pizza With chips	Vegetarian Wellington with Roast Potatoes	Macaroni cheese with garlic slice	Vegetable pasty with Chips
15-Jan		Jacket potato with tuna mayo	Jacket potato with Beans	Jacket potato with Tuna mayo	Jacket potato with Cheese	Jacket potato with Beans
05-Feb	Broccoli Sweetcorn	carrots Green Beans	Shredded Cabbage swede	Roasted Vegetable Medley	Baked Beans Garden Peas	
05-Mar	<b>Dessert</b>	Carrot & Sultana Cake with Custard	Chocolate crunch Yoghurt	Jelly with a Side of Mandarins Yoghurt	banana cake & Custard Yoghurt	Lemon & Cucumber Cake Yoghurt
26-Mar						

