

**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 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 03-Sep 24-Sep 15-Oct 12-Nov 03-Dec	Main Sausage Pasta Bake	Chicken and Ginger Stir Fry with Noodles	Roast (as advertised) 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
	Dessert Baked Tomatoes Peas Yoghurt Fresh Fruit Platter	Peppers Green Beans Schools Choice Yoghurt Fresh Fruit Salad	Carrot and Swede Mash Yoghurt Fresh Fruit Platter	Sweet corn Broccoli Yoghurt Fresh Fruit Salad	Baked Beans Garden Peas Yoghurt and Fruit Station
Week 2 10-Sep 01-Oct 22-Oct 19-Nov 10-Dec	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 Bolognese with Spaghetti	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Chickpea Aloo Chaat with Rice	Wholemeal Cheese & Tomato Quiche with Chips
	Dessert Coleslaw Sweet corn Yoghurt Fresh Fruit Platter	Peas Carrots Schools Choice Yoghurt Fresh Fruit Chunks	Broccoli Cauliflower Yoghurt Fresh Fruit Salad	Roasted Mixed Vegetables Yoghurt Fresh Fruit Platter	Baked Beans Garden Peas Yoghurt and Fruit Station
Week 3 17-Sep 08-Oct 05-Nov 26-Nov 17-Dec	Main Wholemeal Chicken and Red Pepper Pizza	Cottage Pie with Gravy	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips
	Vegetarian Five Bean Chilli with Rice	Shepherdess Pie	Vegetable Wellington with Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Wholemeal Cheese & Tomato Pizza with Chips
	Dessert Sweet corn Mixed Peppers Yoghurt Fresh Fruit Platter	Green Beans Glazed carrots Schools Choice Yoghurt Fresh Fruit Salad	Savoy Cabbage Sweetcorn Yoghurt Fresh Fruit Chunks	Broccoli Tomato Salad Yoghurt Fresh Fruit Salad	Baked Beans Garden Peas Yoghurt and Fruit Station



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