

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 IOW Spring 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Beef Burgers in a Bun with New Potatoes	Chicken and Tomato Pasta	Roast Turkey with Roast Potatoes & Gravy	Sweet and Sour Pork with Rice	Fish Fingers with Chips and Tomato Sauce
	Vegetarian	Quorn Burger in a Bun with New Potatoes	Creamy Broccoli Pasta Bake	Cheese & Pepper Whirl with Roast Potatoes	Vegetable Noodles	Glamorgan Sausage with Chips
	Vegetables	Mixed Salad Peas	Sweetcorn Green Beans	Carrots & Swede mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
	Dessert	Apple & Strawberry Pie with Custard	Pear Crumble and Custard	Oaty Cookie	Pineapple Upside down Cake with Custard	Yoghurt and Fruit Station
Week 2	Main	Hot Dogs with Tomato Sauce and Wedges	Chicken Curry with Rice	Roast Pork with Roast Potatoes & Gravy	Spaghetti Bolognese	Battered Fish with Chips and Tomato Sauce
	Vegetarian	Veggie Hot Dog with Tomato Sauce and Wedges	Lentil and Vegetable Curry with Rice	Quorn Roast With Roast Potatoes and Gravy	Macaroni Cheese	Spinach & Tomato Quiche with New Potatoes
	Vegetables	Coleslaw Green Salad	Broccoli Carrots	Cabbage Green Beans	Peppers Sweetcorn	Baked Beans Garden Peas
	Dessert	Chocolate Shortbread	Banana Sponge & Custard	Apple, Cheese and Biscuits	Mixed Fruit Crumble & Custard	Yoghurt and Fruit Station
Week 3	Main	Cheese and Tomato Pizza with Wedges	Beef Lasagne with Garlic Bread	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Chilli with Rice	Salmon Fish Fingers /Fish Fingers Chips and Tomato Sauce
	Vegetarian	Vegetable Pizza with Wedges	Quorn Chilli with Rice	Vegetable Sausage Roll With Roast Potatoes and Gravy	Vegetable Lasagne with Garlic Bread	Cheese Tomato & Spinach Frittata with Chips
	Vegetables	Sweetcorn Green Beans	Broccoli Tomato Salad	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
	Dessert	Oaty Apple Crumble and Custard	Lemon & Mixed Berry Cake	Peaches & Ice Cream	Chocolate and Mandarin Brownie	Yoghurt & Fruit Station

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