

**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 Autumn 2017

**caterlink**  
feeding the imagination

|   |                   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|-------------------|--|---|---|---|--|
| <b>WEEK 1</b><br>4.9.17<br>25.9.17<br>16.10.17<br>13.11.17<br>4.12.17   | <b>Main</b>       | Sausages with Mashed Potato and Gravy                                      | Chicken Tikka & Rice  | Roast Gammon with Roast Potatoes and Gravy                              | Organic Beef Mince Cottage Pie                              | MSC salmon fishcake with Chips                       |
|   | <b>Vegetarian</b> | Vegetable Cottage Pie with Mashed Potato Topping                           | Sweet & Sour Vegetables with Rice                                 | Vegetable pasty with Roast Potatoes and Gravy                           | Quorn Sausage with Mashed Potato and Gravy                  | Roasted Vegetable fajita Wrap                        |
|   |                   | Jacket Potato with Beans   | Tomato Soup & Filled Baguette                                     | Jacket Potato with Salmon mayo  | Vegetable Soup & Filled Baguette                            | Jacket Potato with Cheese                            |
|   |                   | Cauliflower<br>Peas  | Carrots<br>Green Beans  | Savoy Cabbage<br>Swede  | Sweet corn<br>Carrots                                       | Baked Beans<br>Garden Peas                           |
|   | <b>Dessert</b>    | Plum & Vanilla Oaty Crumble with Custard<br>Yoghurt<br>Fresh Fruit Platter | Banana Cake & Custard<br>Yoghurt<br>Fresh Fruit Salad             | Chocolate sponge with chocolate icing<br>Yoghurt<br>Fresh Fruit Platter | Apple Pie & Custard<br>Yoghurt<br>Fresh Fruit Salad         | Flapjack<br>Yoghurt<br>Fresh Fruit Chunks            |
| <b>WEEK 2</b><br>11.9.17<br>2.10.17<br>30.10.17<br>20.11.17<br>11.12.17 | <b>Main</b>       | Beef Burger in a bun with Jacket Wedges                                    | Chicken Neapolitan pasta  | Roast Turkey with Roast Potatoes and Gravy                              | Organic Beef Mince Tortilla Stack                           | MSC Fish Fingers with Chips                          |
|   | <b>Vegetarian</b> | Bean & vegetable Hotpot with Jacket Wedges                                 | Macaroni Cheese with Garlic Slice                                 | Mixed Vegetable Loaf with Roast Potatoes and Gravy                      | Vegetable Pasta Bolognese                                   | Cheese & Tomato Quiche with Chips                    |
|   |                   | Jacket Potato with Beans   | Tomato Soup & Filled Baguette                                     | Jacket Potato with Salmon Mayo  | Vegetable Soup & Filled Baguette                            | Jacket Potato with Cheese                            |
|   |                   | Coleslaw<br>Sweet corn   | Broccoli<br>Carrots   | Carrots<br>Green Beans  | Roasted Mixed Vegetables                                    | Baked Beans<br>Garden Peas                           |
|   | <b>Dessert</b>    | Pineapple Upside Down Cake with Custard<br>Yoghurt<br>Fresh Fruit Platter  | Lemon Mixed Berry cake & Custard<br>Yoghurt<br>Fresh Fruit Chunks | Vanilla Shortbread<br>Fresh Fruit Salad                                 | Eves Pudding with Custard<br>Yoghurt<br>Fresh Fruit Platter | Chocolate Brownie<br>Yoghurt<br>Fresh Fruit Chunks   |
| <b>WEEK 3</b><br>18.9.17<br>9.10.17<br>6.11.17<br>27.11.17<br>18.12.17  | <b>Main</b>       | BBQ Chicken Pizza with Jacket Wedges                                       | Organic Beef Mince Chilli with Rice                               | Roast Chicken with Stuffing with Roast Potatoes and Gravy               | Organic Beef Mince Pasta Bolognese                          | MSC or Battered Fish with Chips                      |
|   | <b>Vegetarian</b> | Vegetable tortilla Stack   | Lentil & Sweet Potato Curry with Rice                             | Vegetable Wellington with Roast Potatoes and Gravy                      | Cheese Tomato Pizza with Wedges                             | Spanish Omelette with Chips                          |
|   |                   | Jacket Potato with Beans   | Tomato Soup & Filled Baguette                                     | Jacket Potato with Salmon Mayo  | Vegetable Soup & Filled Baguette                            | Jacket Potato with Cheese                            |
|   |                   | Sweet corn<br>Mixed Peppers  | Green Beans<br>Glazed carrots                                     | Savoy Cabbage<br>Sweetcorn  | Broccoli<br>Mixed Salad                                     | Garden Peas<br>Baked Beans                           |
|   | <b>Dessert</b>    | Pear Sponge with Custard<br>Yoghurt<br>Fresh Fruit Platter                 | Apple Crumble & Custard<br>Yoghurt<br>Fresh Fruit Salad           | Chocolate Crunch<br>Yoghurt<br>Fresh Fruit Chunks                       | Jam Sponge with Custard<br>Yoghurt<br>Fresh Fruit Salad     | Lemon drizzle cake<br>Yoghurt<br>Fresh Fruit Platter |



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