

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 2019

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Cheese and Tomato Pizza with New Potatoes V31	Beef Meatballs in a Tomato Sauce served with 50/50/Rice V1	Roast Chicken and Stuffing C4 with Roast Potatoes and Gravy	Chicken Arrabiata Pasta with garlic bread C41	MSC Fishfingers/Salmon Fishfingers with Chips F6
02/09/19 23/09/19 14/10/19 11/11/19 02/12/19	Vegetarian	Vegetable Tagine with Couscous V140	Five Bean Chilli with 50/50 Rice V138	Mixed Vegetable Loaf with Roast Potatoes and Gravy V39	Potato & Courgette Layer Bake V10	Cheese and Onion Quiche with Chips V82
		Carrot Sticks Green Beans	Green Beans Carrots	Cauliflower Broccoli	Roasted Mixed Vegetables Sweet Corn	Baked Beans Peas
	Dessert	Orange Drizzle Cake D182 Fresh Fruit Flavoured Yoghurt	Peach Upside Down Cake with Custard D176 Fresh Fruit Flavoured Yoghurt	Catherine Wheel Cookie D82 Fresh Fruit Flavoured Yoghurt	Apple Crumble D71 with Custard Fresh Fruit Flavoured Yoghurt	Chocolate & Banana Oaty Square D141 Fresh Fruit Flavoured Yoghurt
Week 2	Main	Pork Sausage in a Hot Dog Roll with Potato Wedges P13	Beef Cottage Pie with Gravy B38	P10 Roast Pork Loin with Roasted New Potatoes and Gravy	Chicken Tagine with Rice C49	MSC Breaded Fish with Chips F7
09/09/19 30/09/19 21/10/19 18/11/19 09/12/19	Vegetarian	Glamorgan Bean & Leek Sausage in a Roll with Potato Wedges V125 Sweet Corn Coleslaw	Vegetarian Spaghetti Bolognese V18 Peas Cauliflower	Creamy Vegetable Pie with Roasted New Potatoes V19 and Gravy Cabbage Carrots	Macaroni Cheese V11 Sweet Corn Broccoli	Red Pepper and Cheese Frittata V24 Baked Beans Peas
	Dessert	Wholemeal Pear Crumble with Custard D113 Fresh Fruit Flavoured Yoghurt	Chocolate Shortbread D80 Fresh Fruit Flavoured Yoghurt	Apple Flapjack D171 Fresh Fruit Flavoured Yoghurt	Eves Pudding with Custard Fresh Fruit D189 Flavoured Yoghurt	Lemon and Mixed Berry Cake D183 Fresh Fruit Flavoured Yoghurt
Week 3	Main	Spaghetti Beef Bolognese B2	Chicken and Gravy Pie with Mashed Potato Topping C59	T1 Roast Turkey with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread B7	MSC Fish in Batter with Chips F3
16/09/19 07/10/19 04/11/19 25/11/19 16/12/19	Vegetarian	Spicy Bean Burger with New Potatoes V33	Lentil and Sweet Potato Curry with Rice V108	Vegetarian Wellington with Roast Potatoes and Gravy V12	Sweet & Sour Vegetables with Rice V69	Vegetable Wholemeal Pasta Bake V73
		Peas Carrots	Sweet Corn Broccoli	Fresh Mixed Seasonal Vegetables	Tomato and Onion Salad Green Beans	Baked Beans Peas
	Dessert	Banana Loaf with Custard D173 Fresh Fruit Flavoured Yoghurt	Rice Pudding with Mixed Berries D31 Fresh Fruit Flavoured Yoghurt	Apple, Cheese & Biscuits D4 Fresh Fruit Flavoured Yoghurt	Chocolate and Mandarin Sponge with Chocolate Sauce D178 Flavoured Yoghurt	Mandarins or Peaches with Ice Cream D13/D166/D167 Fresh Fruit Flavoured Yoghurt

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NGCI MENU
Autumn 2019

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	NGCI Cheese and Tomato Pizza with New Potatoes V78	Beef Bolognaise in a Tomato Sauce served with 50/50/Rice	Roast Chicken C4 with Roast Potatoes and NGCI Gravy	Chicken Arrabiata Sauce with NGCI Pasta C41	NGCI Bubble –Coated Fish with Chips
02/09/19 23/09/19 14/10/19 11/11/19 02/12/19	Vegetarian	Vegetable Tagine with Rice V140	NGCI Vegetable Pasta Bake V91	NGCI Creamy Mushroom Bake V71	NGCI Potato Courgette Layer Bake V76	NGCI Spinach & Tomato Quiche with Chips V127
		Carrot Sticks Green Beans	Green Beans Carrots	Cauliflower Broccoli	Roasted Mixed Vegetables Sweet Corn	Baked Beans Peas
	Dessert	Orange Drizzle Cake D182 Fresh Fruit Flavoured Yoghurt	Peach Upside Down Cake with Custard D176 Fresh Fruit Flavoured Yoghurt	NGCI Vanilla Shortbread D145 Fresh Fruit Flavoured Yoghurt	NGCI Apple Crumble with Custard Fresh Fruit Flavoured Yoghurt	Fruit Jelly Fresh Fruit Flavoured Yoghurt
Week 2	Main	NGCI Pork Sausages with Potato Wedges P13	NGCI Beef Cottage Pie with Gravy B38	P10 Roast Pork Loin with Roasted New Potatoes and NGCI Gravy	Chicken Tagine with Rice C49	NGCI Bubble-Coated Fish with Chips
09/09/19 30/09/19 21/10/19 18/11/19 09/12/19	Vegetarian	NGCI Bean & Lentil Burger V119	Vegetarian Bolognaise with NGCI Pasta V18	NGCI Creamy Vegetable Pie V111	NGCI Macaroni Cheese V11	Red Pepper and Cheese Frittata V24
		Sweet Corn Coleslaw	Peas Cauliflower	Cabbage Carrots	Sweet Corn Broccoli	Baked Beans Peas
	Dessert	NGCI Wholemeal Pear Crumble with Custard D113 Fresh Fruit Flavoured Yoghurt	Chocolate Shortbread D80 Fresh Fruit Flavoured Yoghurt	Fruit Jelly Fresh Fruit Flavoured Yoghurt	NGCI Eves Pudding with Custard Fresh Fruit D189 Flavoured Yoghurt	Fresh Fruit Flavoured Yoghurt
Week 3	Main	Beef Bolognaise B2 With NGCI Pasta	Chicken Breast served with Mashed Potato NGCI GRAVY	T1 Roast Turkey with Roast Potatoes and NGCI Gravy	Beef Bolognaise B2 With NGCI Pasta	NGCI Bubble-Coated Fish with Chips
16/09/19 07/10/19 04/11/19 25/11/19 16/12/19	Vegetarian	NGCI Spicy Bean Pattie V132 With New Potatoes	Lentil and Sweet Potato Curry with Rice V108	NGCI Vegetable & leek with Mashed Potato topping and NGCI Gravy V12	Sweet & Sour Vegetables with Rice V69	Vegetable Wholemeal Pasta Bake V73
		Peas Carrots	Sweet Corn Broccoli	Fresh Mixed Seasonal Vegetables	Tomato and Onion Salad Green Beans	Baked Beans Peas
	Dessert	NGCI Banana Loaf with Custard Fresh Fruit Flavoured Yoghurt	Rice Pudding with Mixed Berries D31 Fresh Fruit Flavoured Yoghurt	NGCI Vanilla Shortbread D145 Fresh Fruit Flavoured Yoghurt	NGCI Chocolate Sponge D163 Fresh Fruit Flavoured Yoghurt	Mandarins or Peaches with Ice Cream D13/D166/D167 Fresh Fruit

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EGG FREE Menu Autumn 2019

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Wholemeal French Bread Pizza with New Potatoes V115	Beef Meatballs in a Tomato Sauce served with 50/50/Rice V1	Roast Chicken and Stuffing C4 with Roast Potatoes and Gravy	Chicken Arrabiata Pasta with Garlic Bread C41	MSC Fishfingers/Salmon Fishfingers with Chips F6
02/09/19 23/09/19 14/10/19 11/11/19 02/12/19	Vegetarian	Vegetable Tagine with Couscous V140	Five Bean Chilli with 50/50 Rice V138	NGCI Creamy Mushroom Bake V71	Potato & Courgette Layer Bake V10	Vegetable Pasty with Chips V35
		Carrot Sticks Green Beans	Green Beans Carrots	Cauliflower Broccoli	Roasted Mixed Vegetables Sweet Corn	Baked Beans Peas
	Dessert	Fresh Fruit Flavoured Yoghurt	Fresh Fruit Flavoured Yoghurt	Catherine Wheel Cookie D82 Fresh Fruit Flavoured Yoghurt	Apple Crumble D71 with Custard Fresh Fruit Flavoured Yoghurt	Chocolate & Banana Oaty Square D141 Fresh Fruit Flavoured Yoghurt
Week 2	Main	Pork Sausages with Potato Wedges P13	Beef Cottage Pie with Gravy B38	P10 Roast Pork Loin with Roasted New Potatoes and Gravy	Chicken Tagine with Rice C49	MSC Breaded Fish with Chips F7
09/09/19 30/09/19 21/10/19 18/11/19 09/12/19	Vegetarian	NGCI Bean & Lentil Burger V119	Vegetarian Spaghetti Bolognese V18	Creamy Vegetable Pie with Roasted New Potatoes V19 and Gravy	Macaroni Cheese V11	Vegetable Pasta Bake V91
		Sweet Corn	Peas Cauliflower	Cabbage Carrots	Sweet Corn Broccoli	Baked Beans Peas
	Dessert	Wholemeal Pear Crumble with Custard D113 Fresh Fruit Flavoured Yoghurt	Chocolate Shortbread D80 Fresh Fruit Flavoured Yoghurt	Apple Flapjack D171 Fresh Fruit Flavoured Yoghurt	Fresh Fruit Flavoured Yoghurt	Fresh Fruit Flavoured Yoghurt
Week 3	Main	Spaghetti Beef Bolognese B2	Chicken and Gravy Pie with Mashed Potato Topping C59	T1 Roast Turkey with Roast Potatoes and Gravy	Beef Lasagne B7	MSC Fish in Batter with Chips F3
16/09/19 07/10/19 04/11/19 25/11/19 16/12/19	Vegetarian	Spicy Bean Burger with New Potatoes V33	Lentil and Sweet Potato Curry with Rice V108	Vegetarian Wellington with Roast Potatoes and Gravy V12	Sweet & Sour Vegetables with Rice V69	Vegetable Wholemeal Pasta Bake V73
		Peas Carrots	Sweet Corn Broccoli	Fresh Mixed Seasonal Vegetables	Tomato and Onion Salad Green Beans	Baked Beans Peas
	Dessert	Fresh Fruit Flavoured Yoghurt	Rice Pudding with Mixed Berries D31 Fresh Fruit Flavoured Yoghurt	Apple, Cheese & Biscuits D4 Fresh Fruit Flavoured Yoghurt	Fresh Fruit Flavoured Yoghurt	Mandarins or Peaches with Ice Cream D13/D166/D167 Fresh Fruit Flavoured Yoghurt

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Milk Free Menu Autumn 2019

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Tomato ,Roasted Vegetables Calzone with New Potatoes	Beef Meatballs in a Tomato Sauce served with 50/50/Rice V1	Roast Chicken and Stuffing C4 with Roast Potatoes and Gravy	Chicken Arrabiata Pasta C41	MSC Fishfingers/Salmon Fishfingers with Chips F6
02/09/19	Vegetarian	Vegetable Tagine with Couscous V140	Five Bean Chilli with 50/50 Rice V138	Mixed Vegetable Loaf with Roast Potatoes and Gravy V39	Vegetable Pasty V35	Spinach & Tomato Quiche with Chips V127 No Milk.
23/09/19		Carrot Sticks Green Beans	Green Beans Carrots	Cauliflower Broccoli	Roasted Mixed Vegetables Sweet Corn	Baked Beans Peas
14/10/19		Orange Drizzle Cake D182 Fresh Fruit	Peach Upside Down Cake D176 Fresh Fruit	Catherine Wheel Cookie D82 Fresh Fruit	Apple Crumble D71 Fresh Fruit	Chocolate & Banana Oaty Square D141 Fresh Fruit
11/11/19	Dessert					
02/12/19						
Week 2	Main	Pork Sausages with Potato Wedges P13	Beef Cottage Pie with Gravy B38	T1 Roast Pork Loin with Roasted New Potatoes and Gravy	Chicken Tagine with Rice C49	MSC Breaded Fish with Chips F7
09/09/19	Vegetarian	Glamorgan Bean & Leek Sausage with Potato Wedges V104	Vegetarian Spaghetti Bolognese V18	Vegetarian Wellington with Roast Potatoes and Gravy V12	Jollof Rice With Quorn & Mixed Beans V106	Roasted Vegetable Frittata No Milk
30/09/19		Sweet Corn Coleslaw	Peas Cauliflower	Cabbage Carrots	Sweet Corn Broccoli	Baked Beans Peas
21/10/19		Wholemeal Pear Crumble D113 Fresh Fruit	Chocolate Shortbread D80 Fresh Fruit	Apple Flapjack D171 Fresh Fruit	Eves Pudding with Fresh Fruit D189	Lemon and Mixed Berry Cake D183 Fresh Fruit
18/11/19	Dessert					
09/12/19						
Week 3	Main	Spaghetti Beef Bolognese B2	Chicken and Gravy Pie with Mashed Potato Topping C59	P10 Roast Turkey with Roast Potatoes and Gravy	Beef Bolognese B2 With Pasta	MSC Fish in Batter with Chips F3
16/09/19	Vegetarian	Spicy Bean Burger with New Potatoes V33	Lentil and Sweet Potato Curry with Rice V108	Vegetarian Wellington with Roast Potatoes and Gravy V12	Sweet & Sour Vegetables with Rice V69	Vegetable Wholemeal Pasta Bake V73
07/10/19		Peas Carrots	Sweet Corn Broccoli	Fresh Mixed Seasonal Vegetables	Tomato and Onion Salad Green Beans	Baked Beans Peas
04/11/19		Banana Loaf D173 Fresh Fruit	Fruit Jelly Fresh Fruit	Vanilla Shortbread D145 Fresh Fruit	Chocolate and Mandarin Sponge D178 Fresh Fruit	Mandarins or Peaches D166/D167 Fresh Fruit
25/11/19	Dessert					
16/12/19						