

**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.

# Summer GOLD Menu 2018

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week 1</b>	<b>Main</b>	Sausages with Mashed Potatoes and Gravy	Spaghetti Bolognese (made with organic mince beef)	Roast (as advertised) with Roast New Potatoes & Gravy	Mediterranean Chicken with Rice	Salmon Fish Finger / Fish Fingers, Chips and Tomato Sauce	
	<b>Vegetarian</b>	Wholemeal Pasta Neapolitan with Spinach	Soya Mince & Veg Stir Fry with Noodles	Quorn Roast with Roast New Potatoes & Gravy	Vegetable and Apricot Tagine with Lemon and Mint Couscous and Wholemeal Flatbread	Cheese, Onion and Spinach Quiche with Chips	
		Carrots Garden Peas	Sweetcorn Broccoli	Fresh Mixed Seasonal Vegetables	Mixed Peppers & Green Beans	Baked Beans Garden Peas	
	<b>Dessert</b>	Wholemeal Peach Crumble with Custard Yoghurt Fresh Fruit Platter	Chocolate and Beetroot Brownie Yoghurt Fresh Fruit Salad	Sliced Cheese, Apple and Biscuits Yoghurt Fresh Fruit Platter	Apple Pie with Custard Yoghurt Fresh Fruit Salad	Iced Sponge Yoghurt Fresh Fruit Salad	
	<b>Week 2</b>	<b>Main</b>	Chicken Arrabiata Pasta	Beef and Bean Fajitas with Baked Jacket Wedges (made with organic mince beef)	Roast (as advertised) with Roast Potatoes & Gravy	Jollof Rice with Chicken	Breaded Fish Chips, Tomato Sauce
	<b>Vegetarian</b>	Jollof Rice with Quorn and Mixed Beans	Vegetable (Soya) Chilli, Rice and Wholemeal Flatbread	Lentil and Basil Puff Pastry Turnover with Roast Potatoes	Macaroni Cheese with Tomato topping	Spicy Bean Burger with Chips	
		Roasted Peppers & Sweetcorn Mix	Mixed Green Salad Coleslaw	Fresh Mixed Seasonal Vegetables	Broccoli Sweet corn	Baked Beans Garden Peas	
	<b>Dessert</b>	Berry and Apple Cobbler & Cream Yoghurt Fresh Fruit Salad	Lemon Drizzle Yoghurt Fresh Fruit Platter	Oaty Cookie with Fruit Yoghurt Fresh Fruit Salad	Chocolate Mandarin Sponge with Choc Sauce Yoghurt Fresh Fruit Platter	Fruit Yoghurt Fresh Fruit Salad	
	<b>Week 3</b>	<b>Main</b>	Cajun Chicken with Rice	Wholemeal Beef and Red Pepper Pizza with Baby New Potatoes (made with organic mince beef)	Roast Chicken & Stuffing with Roast Potatoes & Gravy	Beef in Soy Sauce with Noodles	Fish in Batter, Chips, Tomato Sauce
	<b>Vegetarian</b>	Lentil and Sweet Potato Curry with Rice	Spanish Omelette with Baby New Potatoes	Creamy Vegetable Wholemeal Pie with Roast Potatoes & Gravy	Wholemeal Vegetable Pasta Bake	Cheese and Tomato French Bread Pizza with Chips	
		Mixed Peppers & Green Beans	Sweetcorn and Roasted Tomatoes	Fresh Mixed Seasonal Vegetables	Broccoli and Cauliflower	Garden Peas Baked Beans	
	<b>Dessert</b>	Apple Crumble with Custard Yoghurt Fresh Fruit Salad	Fruit Yoghurt Fresh Fruit Platter	Apple Flapjack Yoghurt Fresh Fruit Salad	Peach Upside Down Cake Yoghurt Fresh Fruit Platter	Vanilla Shortbread Yoghurt Fresh Fruit Salad	



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