

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.

Spring Silver Menu 2018 Rushy Meadow

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Macaroni Pastitsio *	Chicken Chow Mein * with Egg Noodles	Roast Pork * with Roast Potatoes and Gravy	Beef Cobbler * with New Potatoes	MSC Fish Fingers Chips, Tomato Sauce
Week 1	Vegetarian	Wholemeal Spinach & Tomato Quiche with New Potatoes	Lentil & Sweet Potato Curry with Rice	Vegetarian Wellington with Roast Potatoes	Cheese, Tomato & Red Peppers Pizza	Cheese Tomato & Spinach Frittata with Chips
01-Jan		Sweetcorn Green Beans	Peas Cauliflower	Carrot Swede Mash	Sweetcorn Broccoli	Baked Beans Garden Peas
22-Jan		Wholemeal Peach Crumble & Custard	Fruit Yoghurt and Shortbread	Fruit Salad	Jam Sponge with Custard	Apple Flapjack
19-Feb						
12-Mar	Dessert					
Week 2	Main	MSC Battered Fish with Mash and Gravy	Wholemeal Chicken * and Red Pepper Pizza	Roast Turkey * with Roast Potatoes & Gravy	Lamb Lasagne *	Pork Sausages * Chips, Tomato Sauce
Week 2	Vegetarian	Vegetable Wholemeal Pasta Bake	Vegetable Pasty with New Potatoes	Mixed Vegetable Loaf with Roast Potatoes	Lentil & Vegetable Curry with Rice	Vegetarian Sausages with Chips
08-Jan		Peas Roasted Vegetable Medley	Sweetcorn Broccoli	Cabbage Carrots	Sweetcorn & Peas Mixed Cauliflower	Baked Beans Garden Peas
29-Jan						
26-Feb	Dessert	Lemon & Mixed Berries Cake	Pineapple Upside Down Cake & Custard	Oaty Cookie with Yoghurt	Apple & Raisin Strudel with Custard	Chocolate and Orange Brownie
19-Mar						
Week 3	Main	MSC Salmon Fish Fingers with Oven Baked New Potatoes	Turkey & Leek Pie * with Mash Potato Topping	Roast Chicken * & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack * With Rice	Beef Burger * Chips, Tomato Sauce
Week 3	Vegetarian	Cheese & Tomato Pizza	Mixed Bean Cassoulet with Rice	Bean & Vegetable Hotpot	Macaroni Cheese with Topped Tomato	Chick Pea Aloo Chaat with Rice
15-Jan		Broccoli Sweetcorn	Cauliflower Green Beans	Shredded Cabbage Carrots	Roasted Vegetable Medley Sweetcorn	Baked Beans Garden Peas
05-Feb						
05-Mar	Dessert	Carrot & Sultana Cake with Custard	Wholemeal Mixed Fruit Crumble with Custard	Jelly with a Side of Mandarins	Chocolate Cookies with Yoghurt	Lemon & Cucumber Cake
26-Mar						

* On the menu indicates a Halal meat option is also available on that day
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

