

**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
<b>Week 1</b> 7 <sup>th</sup> Jan 28 <sup>th</sup> Jan 25 <sup>th</sup> Feb 18 <sup>th</sup> Mar	<b>Main</b>	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
	<b>Vegetarian</b>	Quorn Burger in a Bun with New Potatoes	Creamy Broccoli Pasta Bake	Cheese & Pepper Whirl with Roast Potatoes	Vegetable Noodles	Glamorgan Sausage with Chips
	<b>Vegetables</b>	Mixed Salad Peas	Sweetcorn Green Beans	Carrots & Swede mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
	<b>Dessert</b>	Apple & Strawberry Pie with Custard	Pear Crumble and Custard	Oaty Cookie	Pineapple Upside down Cake with Custard	Yoghurt and Fruit Station
<b>Week 2</b> 14 <sup>th</sup> Jan 4 <sup>th</sup> Feb 4 <sup>th</sup> Mar 25 <sup>th</sup> Mar	<b>Main</b>	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
	<b>Vegetarian</b>	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
	<b>Vegetables</b>	Coleslaw Green Salad	Broccoli Carrots	Cabbage Green Beans	Peppers Sweetcorn	Baked Beans Garden Peas
	<b>Dessert</b>	Chocolate Shortbread	Banana Sponge & Custard	Apple, Cheese and Biscuits	Mixed Fruit Crumble & Custard	Yoghurt and Fruit Station
<b>Week 3</b> 21 <sup>st</sup> Jan 11 <sup>th</sup> Feb 11 <sup>th</sup> Mar 1 <sup>st</sup> Apr	<b>Main</b>	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
	<b>Vegetarian</b>	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
	<b>Vegetables</b>	Sweetcorn Green Beans	Broccoli Tomato Salad	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
	<b>Dessert</b>	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