

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 2018 Manor Park

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	MSC Salmon Fish Finger with New Potatoes	Beef and Bean Fajitas * with Rice	Roast Turkey * with Roast Potatoes and Gravy	Pork Sausages * with Chips	Chicken Tikka * with Rice
03-Sep	Vegetarian	Sweet & Sour Quorn with Noodles	Cheese and Tomato Pizza	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Vegetarian Sausages with Chips	Macaroni Cheese with Tomato Topping
24-Sep						
15-Oct	Dessert	Baked Tomatoes Peas	Fresh Mixed Peppers Sweetcorn	Carrots Cabbage	Baked Beans Garden Peas	Carrots Broccoli
12-Nov		Pears & Chocolate Crumble & Custard	Carrot and Courgette Cake & Custard	Chocolate Cocoa Cookie with Yoghurt	Yoghurt & Raisin Cake	Fruit Salad
03-Dec		Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Yoghurt Fresh Fruit
Week 2	Main	Shepherds Pie *	MSC Fish Fingers with Wedges	Roast Pork * with Roast Potatoes and Gravy	Beef Burger * with Chips	BBQ Chicken * with Rice
10-Sep	Vegetarian	Cheese and Tomato Red Pepper Pizza	Five Beans Chilli with Rice	Vegetarian Sausages with Roast Potatoes and Gravy	Spiced Vegetables, Soya & Chickpea Pattie with Chips	Vegetable Tortilla Stack with Rice
01-Oct		Roasted Mixed Vegetable Sweetcorn	Mixed Peas & Carrots Green Beans	Broccoli Cauliflower	Baked Beans Garden Peas	Broccoli Sweetcorn & Peas
22-Oct	Dessert	Eves Pudding with Custard	Chocolate & Banana Oaty Square	Pineapple Loaf	Pear & Ginger Tray Bake	Oaty Peach Crumble with Ice Cream
19-Nov		Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Yoghurt Fresh Fruit
10-Dec						
Week 3	Main	Lamb Lasagne *	Jamaican Rice with Beef * & Beans	Roast Chicken * with Stuffing with Roast Potatoes and Gravy	MSC Battered Fish with Chips	Chicken Sausage * Pasta Bake
17-Sep	Vegetarian	Lentil and Sweet Potato Curry	Cheese and Tomato Pizza	Vegetable Wellington with Roast Potatoes and Gravy	Wholemeal Vegetable Pasta Bake	Red Pepper Frittata with New Potato
08-Oct		Sweetcorn Fresh Mixed Peppers	Green Beans Glazed Carrots	Savoy Cabbage Sweetcorn & Peas	Baked Beans Garden Peas	Broccoli Baked Tomato
05-Nov	Dessert	Mandarin Upside Down Cake with Custard	Rice Pudding with Mixed Berries	Lemon Drizzle	Fruit Salad & Ice Cream	Chocolate Sponge with Chocolate Sauce
26-Nov		Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Yoghurt Fresh Fruit
17-Dec						

Available Mon/Tue/Thu
Freshly cooked jacket potatoes with a choice of fillings (where advertised)
Bread freshly baked on site daily
Daily salad selection

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

