caterlink
feeding the imagination

Autumn Menu 2020

Vegan
Wholemeal

		Monday	Tuesday	Wednesday	Thursday	Friday
Week One 19/10 16/11 7/12	Option 1	Pork Sausage in a Bun with Pasta	Ham and Cheese Pizza with Rice	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Chicken and Broccoli Pasta Bake	Fish Fingers or Salmon Fish Fingers with Chips
	Option 2	Veggie Sausage in a Bun with Pasta	Cheese and Tomato Pizza with Rice	Quorn Roast Fillet with Roast Potatoes and Gravy	Macaroni Cheese	Freshly Made Vegetable Sausage with Chips
	Vegetables	Sweetcorn Broccoli	Cauliflower Cabbage	Carrots Green Beans	Sweetcorn Broccoli	Baked Beans Peas
	Dessert	Apple Flapjack Yoghurt Fresh Fruit	Pear Crumble with Custard Yoghurt Fresh Fruit	Jelly with Fruit Yoghurt Fresh Fruit	Syrup Sponge with Custard Yoghurt Fresh Fruit	Cinnamon Cookie Yoghurt Fresh Fruit
Week Two 5/10 2/11 23/11 14/12	Option 1	Meatballs with Mashed Potatoes and Gravy	Sweet and Sour Chicken with Rice	Roast Gammon, Roast Potatoes and Gravy	Spaghetti Bolognaise	Fish Fingers with Chips
	Option 2	Linda McCartney Sausages, Mashed Potato and Gravy	Lentil and Sweet Potato Curry with Rice	Cheese Whirl with Roast Potatoes and Gravy	Veggie Bolognaise	Cheese and Tomato Quiche with Chips
	Vegetables	Sweetcorn Broccoli	Peas Cauliflower	Carrots Green Beans	Sweetcorn Broccoli	Baked Beans Peas
	Dessert	Pineapple Cake Yoghurt Fresh Fruit	Chocolate Cake with Chocolate Drizzle Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Fruit with Ice-cream Yoghurt Fresh Fruit	Orange and Lemon Shortbread Yoghurt Fresh Fruit
Week Three 12/10 9/11 30/11	Option 1	Cheese and Beef Pizza with Pasta	Sausage Roll with Potato Wedges	Roast Turkey, Roast Potatoes and Gravy	Chicken Stir Fry with Noodles	Battered Fish with Chips
	Option 2	Cheese and Tomato Pizza with Pasta	Vegan Sausage Roll with Potato Wedges	Quorn Roast Fillet with Roast Potatoes and Gravy	Vegetable Stir Fry with Noodles	Cheese Frittata with Chips
	Vegetables	Sweetcorn Broccoli	Swede Carrots	Peas Cauliflower	Green Beans Carrots	Baked Beans Peas
	Dessert	Chocolate and Orange Brownie Yoghurt Fresh Fruit	Banana Sponge with Custard Yoghurt Fresh Fruit	Jelly with Fruit Yoghurt Fresh Fruit	Fruit with Ice-Cream Yoghurt Fresh Fruit	Oaty Cookie Yoghurt Fresh Fruit

Available Daily:
- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

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. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.