

**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 Hoo Menu 2018

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Chicken and Ginger Stir fry with Rice	Macaroni Pastitsio	Roast Pork Loin With Roast Potatoes and Gravy	Beef Meatballs in a Tomato Sauce with Rice	MSC Breaded Fish With Chips, Tomato Sauce
<b>Week 1</b>	<b>Vegetarian</b>	Sweet and Sour Vegetable with Rice	Quorn Mince Bolognese	Mixed Vegetable Loaf With Roast Potatoes and Gravy	Potato & Courgette Layer Bake	Glamorgan Sausage with Chips
01-Jan		Carrots Green Beans	Sweetcorn Cauliflower	Carrots Broccoli	Mixed Salad Green Beans	Baked Beans Garden Peas
22-Jan						
19-Feb						
12-Mar	<b>Dessert</b>	Fruit Yoghurt and Shortbread	Apple and Mixed Berry Crumble & Custard	Jelly with a Side of Mandarins	Chocolate Sponge with Chocolate Sauce	Pear & Ginger Muffin
<b>Week 2</b>	<b>Main</b>	Hot Dogs with Homemade Tomato Sauce and Homemade Jacket Wedges	Wholemeal Chicken and Red Pepper Pizza	Roast Turkey with Roast Potatoes & Gravy	Beef Goulash with Rice	MSC Battered Fish Chips, Tomato Sauce
<b>Week 2</b>	<b>Vegetarian</b>	Quorn Sausage Hotdog with Homemade Jacket Wedges	Cheese and Tomato Pizza	Cheese & Potato whirls	Quorn Mince Vegetable Chilli with Rice	Vegetable Fajitas with Chips
08-Jan		Sweetcorn Green Salad	Medley Of Vegetables	Broccoli Sliced Carrots	Green Beans Cauliflower	Baked Beans Garden Peas
29-Jan						
26-Feb						
19-Mar	<b>Dessert</b>	Apple Crumble and Custard	Banana Sponge & Custard	Chocolate Cookie with Natural Yogurt	Apple & Berry Strudel with Custard	Chocolate and Orange Brownie
<b>Week 3</b>	<b>Main</b>	Minced Beef Pasta Bake	Turkey & Leek Pie with Mash Potato Topping	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack with Garlic Slice	MSC Salmon or White Fish Fingers with Chips, Tomato Sauce
<b>Week 3</b>	<b>Vegetarian</b>	Wholemeal Vegetable Pasta Bake	Vegetable and Leek Pie Mash Topped	Vegetarian Wellington with Roast Potatoes	Vegetable Tortilla Stack with Garlic Slice	Cheese Tomato & Spinach Frittata with Chips
15-Jan		Broccoli Sweetcorn	Cauliflower Green Beans	Shredded Cabbage Carrots	Vegetable Medley	Baked Beans Garden Peas
05-Feb						
05-Mar						
26-Mar	<b>Dessert</b>	Carrot & Sultana Cake with Custard	Tuti Fruity Tuesday	Jelly with a Side of Mandarins	Wholemeal Peach Crumble & Custard	Lemon Drizzle Cake



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