

**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.

# Medway Silver Menu Autumn 2018

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Sausage Pasta Bake with Garlic Bread	Cottage Pie	Roast Turkey with Roast Potatoes and Gravy	Chicken Enchiladas with Rice	MSC White or Salmon Fishfingers with Chips or Mash
03-Sep	<b>Vegetarian</b>	Macaroni Cheese	Vegetable Fajitas with Rice	Quorn Roast with Roast Potatoes and Gravy	Quorn Goulash with Rice	Vegetable Pasty with chips or Mash
24-Sep		Carrots Peas	Broccoli Swede	Cabbage Carrots	Green Beans Sweetcorn	Baked Beans Garden Peas
15-Oct	<b>Dessert</b>	Chocolate Cocoa Cookie	Apple and Raisin Strudel with Cream	Syrup Sponge with Custard	Wholemeal Mixed Fruit Crumble & Custard	Orange Sponge with Custard
12-Nov		Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
03-Dec		Fresh Fruit Platter	Fresh Fruit Salad	Fresh Fruit Platter	Fresh Fruit Salad	Fresh Fruit Salad
<b>Week 2</b>	<b>Main</b>	Beef Meatballs in Tomato Sauce with Rice	Chicken and Broccoli Pasta	Roast Pork with Roast Potatoes and Gravy	Spaghetti Beef Bolognese with Garlic slice	MSC Breaded Fish with Chips or New Potatoes
10-Sep	<b>Vegetarian</b>	Soya Mince Lasagne With Garlic Slice	Shepherdess Pie	Sweet Potato and lentil Curry with Rice	Bean and Vegetable Cobbler	Wholemeal Cheese & Tomato Quiche with Chips or New Potatoes
01-Oct		Cabbage Sweet corn	Green Beans Carrots	Broccoli Swede	Medley Of Vegetables	Baked Beans Garden Peas
22-Oct	<b>Dessert</b>	Eves Pudding with Custard	Chocolate Sponge with Chocolate Drizzle	Rice Pudding with Mixed Berries	Oaty Peach Crumble with Custard	Apple and Raisin Flapjack
19-Nov		Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt and Fruit
10-Dec		Fresh Fruit Platter	Fresh Fruit Chunks	Fresh Fruit Salad	Fresh Fruit Platter	
<b>Week 3</b>	<b>Main</b>	Wholemeal Cheese and Ham Pizza	Chicken Korma with Rice	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips or boiled Potatoes
17-Sep	<b>Vegetarian</b>	Wholemeal Cheese and Tomato Pizza	BBQ Quorn Wrap with Rice	Vegetable Wellington with Roast Potatoes and Gravy	Spanish Omelette with New Potatoes	Cheese and Pepper Whirl with Chips or boiled Potatoes
08-Oct		Sweet corn and Green Beans	Medley of Vegetables	Savoy Cabbage Swede	Broccoli Carrots	Baked Beans Garden Peas
05-Nov	<b>Dessert</b>	Mandarin Upside Down Cake	Chocolate & Banana Oaty Square	Carrot and Courgette Cake & Custard	Wholemeal Apple Crumble and Custard	Lemon Drizzle Cake
26-Nov		Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
17-Dec		Fresh Fruit Platter	Fresh Fruit Salad	Fresh Fruit Chunks	Fresh Fruit Salad	Fresh Fruit Salad



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