

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 NGCI MENU 2018

caterlink
feeding the imagination

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	MAIN			Roast Gammon With Roast Potatoes and NGCI Gravy	NGCI Homemade Beef Meatballs in a Tomato Sauce with Rice Homemade	NGCI MSC Bubble Fish With Chipped Potatoes, Tomato Sauce
Week 1	VEGETARIAN	NGCI Macaroni Cheese with Tomato topping	NGCI Wholemeal Spinach & Tomato Quiche with New Potatoes		NGCI Potato & Courgette Layer Bake	
01-Jan						
22-Jan						
19-Feb		Sweetcorn Green Beans	Mixed Salad Garden Peas	Carrot & Swede mash Cauliflower Florets	Sweetcorn Broccoli Florets	Baked Beans Garden Peas
12-Mar	DESSERT	Fruit Yoghurt	NGCI Apple and Mixed Berry Crumble & Custard	Apple, Cheese (No Biscuits)	NGCI Pineapple upside down Cake with Custard	NGCI Pear & Ginger Muffin
WEEK 2	MAIN	NGCI Sausage with Homemade Tomato Sauce and Homemade Jacket Wedges	NGCI Wholemeal Chicken and Cheese Pizza with Baked Potato	Roast Turkey with Roast Potatoes & NGCI Gravy	NGCI Beef Spaghetti Bolognaise	NGCI MSC Bubble Fish Chipped Potatoes, Tomato Sauce
Week 2	VEGETARIAN	NGCI Vegetable Wholemeal Pasta Bake	Lentil and Vegetable Curry with Rice		Mixed Bean Cassoulet with New Potatoes (NO CUMIN)	NGCI Cheese and Tomato Pizza with Chipped Potatoes
08-Jan						
29-Jan		Coleslaw Green Salad	Roasted Vegetables	Broccoli Sliced Carrots	Green Beans Sweet corn	Baked Beans Garden Peas
26-Feb	DESSERT	NGCI Pear Crumble and Custard	NGCI Banana Cake & Custard		NGCI Apple & Berry Strudel with Custard	NGCI Chocolate and Orange Brownie
19-Mar						
Week 3	MAIN	NGCI Macaroni Pastitsio	NGCI Turkey & Leek Pie with Mash Potato Topping	Roast Chicken with Roast Potatoes and NGCI Gravy	Beef Stack Filling with Rice	NGCI MSC Bubble Fish Chipped Potatoes, Tomato Sauce
Week 3	VEGETARIAN		Quorn Mince Pasta Bolognaise NGCI Pasta		Chick Pea Aloo Chaat with Rice (NO CUMIN)	Cheese Tomato & Spinach Frittata with Chipped Potatoes
15-Jan						
05-Feb		Broccoli Sweetcorn	Cauliflower Green Beans	Shredded Cabbage Carrots	Mixed Salad Sweetcorn	Baked Beans Garden Peas
05-Mar	DESSERT			Jelly with a Side of Mandarins	NGCI Peach Crumble & Custard	
26-Mar						



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

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**SPRING SILVER
MENU EGG FREE
2018**

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	MAIN	Chicken Chow (No Noodles) Mein	Beef Lasagne	Roast Gammon With Roast Potatoes and Gravy	Homemade Beef Meatballs in a Tomato Sauce with Rice	MSC Breaded Fish With Chipped Potatoes, Tomato Sauce
Week 1	VEGETARIAN	Macaroni Cheese with Tomato topping			Potato & Courgette Layer Bake	
01-Jan						
22-Jan		Sweetcorn Green Beans	Mixed Salad Garden Peas	Carrot & Swede mash Cauliflower Florets	Sweetcorn Broccoli Florets	Baked Beans Garden Peas
19-Feb						
12-Mar	DESSERT	Fruit Yoghurt and Shortbread	Apple and Mixed Berry Crumble & Custard	Apple, Cheese and Biscuits		
WEEK 2	MAIN	Sausages No Bun with Homemade Tomato Sauce and Homemade Jacket Wedges		Roast Turkey with Roast Potatoes & Gravy	Beef Spaghetti Bolognaise with Garlic Slice	MSC Battered Fish Chipped Potatoes, Tomato Sauce
Week 2	VEGETARIAN	Vegetable Wholemeal Pasta Bake	Lentil and Vegetable Curry with Rice	Cheese & Pepper Whirl with Roast Potatoes	Mixed Bean Cassoulet with New Potatoes	
08-Jan						
29-Jan		Green Salad	Roasted Vegetables	Broccoli Sliced Carrots	Green Beans Sweet corn	Baked Beans Garden Peas
26-Feb						
19-Mar	DESSERT	Pear Crumble and Custard		Chocolate Cookie	Apple & Berry Strudel with Custard	
WEEK 3	MAIN	Macaroni Pastitsio	Turkey & Leek Pie with Mash Potato Topping	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack with Garlic Slice	MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
Week 3	VEGETARIAN		Quorn Mince Pasta Bolognaise	Vegetarian Wellington with Roast Potatoes	Chick Pea Aloo Chaat with Rice	
15-Jan						
05-Feb		Broccoli Sweetcorn	Cauliflower Green Beans	Shredded Cabbage Carrots	Mixed Salad Sweetcorn	Baked Beans Garden Peas
05-Mar						
26-Mar	DESSERT		Apple & Raisin Flapjack	Jelly with a Side of Mandarins	Wholemeal Peach Crumble & Custard	



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WEEK 1	MAIN	Chicken Chow Mein	Savoury Minced Beef with Pasta	Roast Gammon With Roast Potatoes and Gravy	Beef Meatballs in a Tomato Sauce with Rice	MSC Breaded Fish With Chipped Potatoes, Tomato Sauce
Week 1	VEGETARIAN			Mixed Vegetable Loaf With Roast Potatoes and Gravy		Glamorgan Sausage with Chipped Potatoes
01-Jan						
22-Jan		Sweetcorn Green Beans	Mixed Salad Garden Peas	Carrot & Swede mash Cauliflower Florets	Sweetcorn Broccoli Florets	Baked Beans Garden Peas
19-Feb						
12-Mar	DESSERT	Shortbread	Apple and Mixed Berry Crumble	Apple and Biscuits	Pineapple upside down Cake	Pear & Ginger Muffin
WEEK 2	MAIN	Sausage with Homemade Tomato Sauce and Homemade Jacket Wedges		Roast Turkey with Roast Potatoes & Gravy	Beef Spaghetti Bolognaise	MSC Battered Fish Chipped Potatoes, Tomato Sauce
Week 2	VEGETARIAN	Vegetable Wholemeal Pasta Bake (No Cheese)	Lentil and Vegetable Curry with Rice		Mixed Bean Cassoulet with New Potatoes	
08-Jan						
29-Jan		Coleslaw Green Salad	Roasted Vegetables	Broccoli Sliced Carrots	Green Beans Sweet corn	Baked Beans Garden Peas
26-Feb						
19-Mar	DESSERT	Pear Crumble	Banana Sponge	Chocolate Cookie	Apple & Berry Strudel	Chocolate and Orange Brownie
WEEK 3	MAIN	Macaroni Pastitsio		Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack with (No Cheese) & Rice	MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
Week 3	VEGETARIAN	Chinese Vegetarian Spring Roll with Oven Baked New Potatoes	Quorn Mince Pasta Bolognaise	Vegetarian Wellington with Roast Potatoes	Chick Pea Aloo Chaat with Rice	
15-Jan						
05-Feb		Broccoli Sweetcorn	Cauliflower Green Beans	Shredded Cabbage Carrots	Mixed Salad Sweetcorn	Baked Beans Garden Peas
05-Mar						
26-Mar	DESSERT	Carrot & Sultana Cake	Apple & Raisin Flapjack	Jelly with a Side of Mandarins	Wholemeal Peach Crumble	Lemon & Cucumber Cake



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