

**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  
MENU 2019 NCGI**

**caterlink**  
feeding the imagination

		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 1</b>  31-Dec 21-Jan 11-Feb 11-Mar 01-Apr	<b>MAIN</b>	Cajun Spiced Chicken with Rice	<b>NGCI RECIPE Beef Macaroni Pastitsio</b>	Roast Pork with Roast Potatoes and <b>NGCI Gravy</b>	Beef Chilli & Cheese stuffed Jacket potato	<b>NGCI</b> Bubble Fish Chipped Potatoes, Tomato Sauce
	<b>VEGETARIAN</b>	Vegetable <b>NGCI</b> Pasta Bake	<b>NGCI RECIPE Spinach &amp; Tomato Quiche</b> with New Potatoes	<b>NGCI RECIPE Cheese &amp; Tomato Pizza with Roast Potatoes</b>	<b>NGCI RECIPE Macaroni Cheese</b>	with Chipped Potatoes
	<b>SIDE</b>	Sweet Corn Green Beans <b>NGCI RECIPE Peach Crumble &amp; Custard,</b> Natural Flavoured Yoghurt or Fresh Fruit	Peas Cauliflower <b>NGCI RECIPE Chocolate &amp; Mandarin Brownie,</b> Natural Flavoured Yoghurt or Fresh Fruit	Carrot & Swede Mash Broccoli <b>NGCI RECIPE Vanilla Shortbread</b> Natural Flavoured Yoghurt or Fresh Fruit	Sweet Corn Green Salad <b>NGCI RECIPE Pineapple Upside down Cake with Custard,</b> Natural Flavoured Yoghurt or Fresh Fruit	Baked Beans Garden Peas <b>NGCI RECIPE Iced Sponge</b> Yoghurt and Fruit Station
	<b>DESSERT</b>					
<b>WEEK 2</b>  07-Jan 28-Jan 25-Feb 18-Mar	<b>MAIN</b>	<b>NGCI RECIPE Chicken and Sweet Corn Pie</b> with New Potatoes	<b>NGCI Pork Sausages with Mashed Potato &amp; NGCI Gravy</b>	Roast Turkey with Roast Potatoes & <b>NGCI Gravy</b>	Beef <b>NGCI Spaghetti Bolognaise</b>	<b>NGCI</b> Bubble Fish Chipped Potatoes, Tomato Sauce
	<b>VEGETARIAN</b>	Lentil and Vegetable Curry with Rice	Cheesy Parsnip & Sweet Potato Tart with Creamed Potatoes Cauliflower Peas	<b>NGCI RECIPE Potato &amp; Courgette Layer Bake</b>	<b>NGCI Creamy Mashed Potato Vegetable Pie</b>	Cheese Tomato & Spinach Frittata with Chipped Potatoes Baked Beans Garden Peas
	<b>SIDE</b>	Broccoli Sliced Carrots <b>NGCI RECIPE Banana Sponge &amp; Custard,</b> Natural Flavoured Yoghurt or Fresh Fruit	<b>NGCI RECIPE Vanilla Shortbread,</b> Natural Flavoured Yoghurt or Fresh Fruit	Red Cabbage Green Beans Apple & Cheese Natural Flavoured Yoghurt or Fresh Fruit	Sweet Corn Green Salad <b>NGCI RECIPE Mixed Fruit Crumble &amp; Custard,</b> Natural Flavoured Yoghurt or Fresh Fruit	<b>NGCI RECIPE Vanilla Shortbread</b> Yoghurt and Fruit Station
	<b>DESSERT</b>					
<b>WEEK 3</b>  14-Jan 04-Feb 04-Mar 25-Mar	<b>MAIN</b>	<b>NGCI RECIPE Chicken &amp; Cheese Pizza</b> with Potato Wedges		Roast Chicken & with Roast Potatoes and <b>NGCI Gravy</b>	<b>NGCI Beef Tortilla Stack &amp; Rice</b>	<b>NGCI</b> Bubble Fish Chipped Potatoes, Tomato Sauce
	<b>VEGETARIAN</b>	<b>NGCI RECIPE Cheese &amp; Tomato Pizza</b> with Potato Wedges	<b>NGCI RECIPE Creamy Broccoli Pasta Bake</b>	<b>NGCI RECIPE Cheese &amp; Tomato Pizza with Roast Potatoes</b>	Vegetable and Apricot Tagine with Rice	Spanish Omelette with Chipped Potatoes
	<b>SIDE</b>	Sweet Corn Green Beans Natural Flavoured Yoghurt or Fresh Fruit	Shredded Cabbage Peas <b>NGCI RECIPE Plain Cake,</b> Natural Flavoured Yoghurt or Fresh Fruit	Broccoli Carrots Mandarins & Ice Cream Natural Flavoured Yoghurt or Fresh Fruit	Roasted Vegetable Medley Sweet Corn <b>NGCI RECIPE Apple Crumble and Custard,</b> Natural Flavoured Yoghurt or Fresh Fruit	Baked Beans Garden Peas <b>NGCI RECIPE Chocolate Shortbread</b> Yoghurt & Fruit Station

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**SPRING MILK FREE MENU 2019**

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		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 1</b>  31-Dec 21-Jan 11-Feb 11-Mar 01-Apr	<b>MAIN</b>	Sweet & Sour Chicken with Noodles	Savoury Mince with Pasta	Roast Pork with Roast Potatoes and Gravy	Beef Chilli Con Carne with Rice	MSC Breaded Fish Chipped Potatoes, Tomato Sauce
	<b>VEGETARIAN</b>			Vegetable Wellington		Glamorgan Sausage with Chipped Potatoes
	<b>SIDE</b>	Sweet Corn Green Beans	Peas Cauliflower	Carrot & Swede Mash Broccoli	Sweet Corn Green Salad	Baked Beans Garden Peas
	<b>DESSERT</b>	Oaty Peach Crumble or Fresh Fruit	Chocolate & Mandarin Brownie, or Fresh Fruit	Oaty Cookie, or Fresh Fruit	Pineapple Upside down Cake or Fresh Fruit	Iced Sponge or Fruit Station
<b>WEEK 2</b>  07-Jan 28-Jan 25-Feb 18-Mar	<b>MAIN</b>		Pork Sausages with Mashed Potato & Gravy	Roast Turkey with Roast Potatoes & Gravy	Beef Spaghetti Bolognaise	MSC Battered Fish Chipped Potatoes, Tomato Sauce
	<b>VEGETARIAN</b>	Lentil and Vegetable Curry with Rice				
	<b>SIDE</b>	Broccoli Sliced Carrots	Cauliflower Peas	Red Cabbage Green Beans	Sweet Corn Green Salad	Baked Beans Garden Peas
	<b>DESSERT</b>	Banana Sponge or Fresh Fruit	Chocolate Shortbread, or Fresh Fruit	Apple, and Biscuits, or Fresh Fruit	Wholemeal Mixed Fruit Crumble or Fresh Fruit	Cinnamon Cookie or Fruit Station
<b>WEEK 3</b>  14-Jan 04-Feb 04-Mar 25-Mar	<b>MAIN</b>	Jacket Potato with Baked Beans	Beef and Vegetable Hotpot with Sliced Potatoes	Roast Chicken & Stuffing with Roast Potatoes and Gravy		MSC Fish Fingers Chipped Potatoes, Tomato Sauce
	<b>VEGETARIAN</b>				Vegetable and Apricot Tagine with Couscous	
	<b>SIDE</b>	Sweet Corn Green Beans	Shredded Cabbage Peas	Broccoli Carrots	Roasted Vegetable Medley Sweet Corn	Baked Beans Garden Peas
	<b>DESSERT</b>	Apple & Strawberry Strudel or Fresh Fruit	Lemon & Mixed Berry Cake, Or Fresh Fruit	Fresh Fruit	Pear Crumble or Fresh Fruit	Chocolate & Banana Oaty Square Or Fruit Station

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**SPRING  
EGG FREE MENU 2019**

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		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 1</b>  31-Dec 21-Jan 11-Feb 11-Mar 01-Apr	<b>MAIN</b>	Sweet & Sour Chicken with Rice	Beef Macaroni Pastitsio	Roast Pork with Roast Potatoes and Gravy	Beef Chilli Con Carne with Rice	MSC Breaded Fish Chipped Potatoes, Tomato Sauce
	<b>VEGETARIAN</b>	Vegetable Wholemeal Pasta Bake		Vegetable Wellington	Macaroni Cheese	
	<b>SIDE</b>	Sweet Corn Green Beans	Peas Cauliflower	Carrot & Swede Mash Broccoli	Sweet Corn Green Salad	Baked Beans Garden Peas
	<b>DESSERT</b>	Oaty Peach Crumble & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Natural Flavoured Yoghurt or Fresh Fruit	Oaty Cookie, Natural Flavoured Yoghurt or Fresh Fruit	Natural Flavoured Yoghurt or Fresh Fruit	Yoghurt and Fruit Station
<b>WEEK 2</b>  07-Jan 28-Jan 25-Feb 18-Mar	<b>MAIN</b>	Chicken and Sweet Corn Puff Pastry Pie with New Potatoes		Roast Turkey with Roast Potatoes & Gravy	Beef Spaghetti Bolognaise	MSC Battered Fish Chipped Potatoes, Tomato Sauce
	<b>VEGETARIAN</b>	Lentil and Vegetable Curry with Rice		Potato & Courgette Layer Bake	Creamy Mashed Potato Vegetable Pie	
	<b>SIDE</b>	Broccoli Sliced Carrots	Cauliflower Peas	Red Cabbage Green Beans	Sweet Corn Green Salad	Baked Beans Garden Peas
	<b>DESSERT</b>	Natural Flavoured Yoghurt or Fresh Fruit	Chocolate Shortbread, Natural Flavoured Yoghurt or Fresh Fruit	Apple, Cheese and Biscuits, Natural Flavoured Yoghurt or Fresh Fruit	Wholemeal Mixed Fruit Crumble & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Yoghurt and Fruit Station
<b>WEEK 3</b>  14-Jan 04-Feb 04-Mar 25-Mar	<b>MAIN</b>		Beef and Vegetable Hotpot with Sliced Potatoes	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack & Rice	MSC Fish Fingers Chipped Potatoes, Tomato Sauce
	<b>VEGETARIAN</b>		Creamy Broccoli Pasta Bake	Cheese & Pepper Whirl with Roast Potatoes	Vegetable and Apricot Tagine with Couscous	
	<b>SIDE</b>	Sweet Corn Green Beans	Shredded Cabbage Peas	Broccoli Carrots	Roasted Vegetable Medley Sweet Corn	Baked Beans Garden Peas
	<b>DESSERT</b>	Apple & Strawberry Strudel with Custard, Natural Flavoured Yoghurt or Fresh Fruit	Natural Flavoured Yoghurt or Fresh Fruit	Mandarins & Ice Cream Natural Flavoured Yoghurt or Fresh Fruit	Pear Crumble and Custard, Natural Flavoured Yoghurt or Fresh Fruit	Chocolate & Banana Oaty Square Yoghurt & Fruit Station