cater	ink		Milk Free	e Autumn Me	enu 2020 🛛	Real Property in		
feeding the ima	gination	Monday	Tuesday	Wednesday	Thursday	Friday		
	Option 1	Chicken Curry with 50/50 Rice		Roast Chicken served Roast Potatoes , Stuffing & Gravy		MSC Fishfingers/ Salmon Fishfingers with Chips	Available Daily: - Freshly	
	Option 2	Vegetarian Bolognaise with Spaghetti	Jacket Potato with Beans or Tuna	Lentil & Basil Whirl with Roast Potatoes	Lentil & Sweet Potato Curry with 50/50 Rice	Vegetable Pasty with Chips	cooked jacket potatoes with a choice of fillings (where advertised) - Daily salad selection	
Week One	Vegetables	Cauliflower Broccoli	Coleslaw Mixed Salad	Carrots Cabbage	Vegetable Medley	Baked Beans Peas		
	Dessert	Mixed Fruit Crumble (No Cream)	Fresh Fruit (No Yoghurt)	Lemon Drizzle Cake	Chocolate & Orange Cake (No Choc Sauce)	Vanilla Shortbread		
			Or a c	hoice of Fresh Fruit available	e daily			
and the second sec			The the second sec			and the second second second		
	Option 1	BBQ Chicken Pasta	Sausage Roll with Wedges	Roast Pork in a Baguette or Roast Potatoes & Gravy	Chicken Wraps with 50/50 Rice	MSC Fish in Batter with Chips	ALLERGY INFORMATION: If your child has an allergy or	
Week Two	Option 2	Vegetable Tagine with Rice	Vegan Mexican Roll with Wedges	Quorn Roast Fillet with Roast Potatoes & Gravy	Vegetable & Bean Wraps with 50/50 Rice		intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy	
	Vegetables	Sweetcorn Broccoli	Peas Carrot & Beetroot Slaw	Carrots Green Beans	Summer Roasted Vegetables	Baked Beans Peas		
	Dessert	Chocolate & Beetroot Brownie	Fresh Fruit (No Yoghurt)	Iced Sponge	Apple Sponge (No Custard)	Spanish Cookie	or intolerance you will be asked to complete a form to ensure we have	
		Or a choice of Fresh Fruit available daily						
Week Three	Option 1		Lemon Turkey Stuffed Pitta Pouch (No Yoghurt) with Rice	Roast Gammon and Roast Potatoes & Gravy	Spaghetti Bolognaise	MSC Fishfingers/ Salmon Fishfingers with Chips	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	
	Option 2	Summer Vegetable Risotto	Tomato & Vegetable Pasta	Vegetable Wellington, Roast Potatoes & Gravy	Five Bean Chilli with Rice			
	Vegetables	Sweetcorn Peas	Tomato & Onion Slaw Grated Carrot & Raisin Salad	Carrot Cabbage	Broccoli Sweetcorn	Baked Beans Peas	kitchens it is not possible to completely remove the risk of	
	Dessert	Banana Chocolate Oaty Square	Fresh Fruit (No Yoghurt)	Marble Cake	Orange Drizzle Cake	Peaches (No Ice Cream)	cross contamination.	
		Or a choice of Fresh Fruit available daily						

cater	ink		Egg Fre	e Autumn M	enu 2020			
feeding the ima	gination	Monday	Tuesday	Wednesday	Thursday	Friday		
Week One	Option 1	Chicken Curry with 50/50 Rice		Roast Chicken served Roast Potatoes , Stuffing & Gravy	Macaroni Cheese (No Garlic Bread)	MSC Fishfingers/ Salmon Fishfingers with Chips	Available Daily: - Freshly	
	Option 2		Jacket Potato with Beans, Tuna or Cheese (No Mayonnaise)	Lentil & Basil Whirl with Roast Potatoes	Lentil & Sweet Potato Curry with 50/50 Rice	Vegetable Pasty with Chips	cooked jacket potatoes with	
	Vegetables	Cauliflower Broccoli	(No Coleslaw) Mixed Salad	Carrots Cabbage	Vegetable Medley	Baked Beans Peas	a choice of fillings (where advertised)	
	Dessert	Mixed Fruit Crumble with Cream	Fresh Fruit & Yoghurt Station	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Vanilla Shortbread	- Daily salad selection	
		Or a choice of Yoghurt & Fresh Fruit available daily						
Week Two	Option 1	BBQ Chicken Pasta		Roast Pork in a Baguette or Roast Potatoes & Gravy	Chicken Wraps with 50/50 Rice	MSC Fish in Batter with Chips	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	
	Option 2	Vegetable Tagine with Rice	Vegan Mexican Roll with Wedges		Vegetable & Bean Wraps with 50/50 Rice			
	Vegetables	Sweetcorn Broccoli	Peas Carrot & Beetroot Slaw	Carrots Green Beans	Summer Roasted Vegetables	Baked Beans Peas		
	Dessert	Fresh Fruit or Yoghurt	Fresh Fruit & Yoghurt Station	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Spanish Cookie		
		Or a choice of Yoghurt & Fresh Fruit available daily						
Week Three	Option 1		Lemon Turkey Stuffed Pitta Pouch with Rice	Roast Gammon and Roast Potatoes & Gravy	Spaghetti Bolognaise	MSC Fishfingers/ Salmon Fishfingers with Chips	the necessary information to cater for your	
	Option 2	Summer Vegetable Risotto	Tomato & Vegetable Pasta	Vegetable Wellington, Roast Potatoes & Gravy	Five Bean Chilli with Rice	Cheese & Potato Wheel with Chips	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	
	Vegetables	Sweetcorn Peas	Tomato & Onion Slaw Grated Carrot & Raisin Salad	Carrot Cabbage	Broccoli Sweetcorn	Baked Beans Peas		
	Dessert	Banana Chocolate Oaty Square	Fresh Fruit & Yoghurt Station	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Peaches & Ice Cream	completely remove the risk of cross	
		Or a choice of Yoghurt & Fresh Fruit available daily						
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cater	ink	🥌 🗕 Milk a	& Egg Free A	utumn Menu	2020			
eeding the ima	gination	Monday	Tuesday	Wednesday	Thursday	Friday		
	Option 1	Chicken Curry with 50/50 Rice		Roast Chicken served Roast Potatoes , Stuffing & Gravy		MSC Fishfingers/ Salmon Fishfingers with Chips		
	Option 2		Jacket Potato with Beans or Tuna (No Mayonnaise)	Lentil & Basil Whirl with Roast Potatoes	Lentil & Sweet Potato Curry with 50/50 Rice	Vegetable Pasty with Chips		
Week One	Vegetables	Cauliflower Broccoli	(No Coleslaw) Mixed Salad	Carrots Cabbage	Vegetable Medley	Baked Beans Peas		
	Dessert	Mixed Fruit Crumble (No Cream)	Fresh Fruit (No Yoghurt)	Fresh Fruit (No Yoghurt)	Fresh Fruit (No Yoghurt)	Vanilla Shortbread		
		Or a choice of Fresh Fruit available daily						
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Week Two	Option 1	BBQ Chicken Pasta		Roast Pork in a Baguette or Roast Potatoes & Gravy	Chicken Wraps with 50/50 Rice	MSC Fish in Batter with Chips		
	Option 2	Vegetable Tagine with Rice	Vegan Mexican Roll with Wedges		Vegetable & Bean Wraps with 50/50 Rice			
	Vegetables	Sweetcorn Broccoli	Peas Carrot & Beetroot Slaw	Carrots Green Beans	Summer Roasted Vegetables	Baked Beans Peas		
	Dessert	Fresh Fruit (No Yoghurt)	Fresh Fruit (No Yoghurt)	Fresh Fruit (No Yoghurt)	Fresh Fruit (No Yoghurt)	Spanish Cookie		
		Or a choice of Fresh Fruit available daily						
Week Three	Option 1		Lemon Turkey Stuffed Pitta Pouch (No Yoghurt) with Rice	Roast Gammon and Roast Potatoes & Gravy	Spaghetti Bolognaise	MSC Fishfingers/ Salmon Fishfingers with Chips		
	Option 2	Summer Vegetable Risotto	Tomato & Vegetable Pasta	Vegetable Wellington, Roast Potatoes & Gravy	Five Bean Chilli with Rice			
	Vegetables	Sweetcorn Peas	Tomato & Onion Slaw Grated Carrot & Raisin Salad	Carrot Cabbage	Broccoli Sweetcorn	Baked Beans Peas		
	Dessert	Banana Chocolate Oaty Square	Fresh Fruit (No Yoghurt)	Fresh Fruit (No Yoghurt)	Fresh Fruit (No Yoghurt)	Peaches (No Ice Cream)		
		Or a choice of Fresh Fruit available daily						
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caterl	ink	(9)		utumn Menu	J 2020 🛛			
feeding the ima	gination	Monday	Tuesday	Wednesday	Thursday	Friday		
Week One	Option 1			Roast Chicken served Roast Potatoes & Gravy (No Stuffing)	NGCI Macaroni Cheese (No Garlic Bread)	NGCI Bubble Fish with Chips	Available Daily: - Freshly cooked	
	Option 2	Vegetarian Bolognaise with NGCI Pasta	Jacket Potato with Beans, Cheese or Tuna		Lentil & Sweet Potato Curry with 50/50 Rice		jacket potatoes w a choice o	
	Vegetables	Cauliflower Broccoli	Coleslaw Mixed Salad	Carrots Cabbage	Vegetable Medley	Baked Beans Peas	fillings (whe advertised) - Daily sala	
	Dessert	NGCI Mixed Fruit Crumble with Cream	Fresh Fruit & Yoghurt (No Granola, No Crumble)	NGCI Lemon Drizzle Cake	NGCI Chocolate Cake with Choc Sauce	NGCI Vanilla Shortbread	selection	
		Or a choice of Yoghurt & Fresh Fruit available daily						
Week Two	Option 1	97. Million	ne h 222 ne la caracteria de	Roast Pork (No Baguette) , Roast Potatoes & Gravy	Chicken Fajita Filling (No Tortilla, No Cumin) with 50/50 Rice	NGCI Bubble Fish with Chips	ALLERGY INFORMATION If your child h an allergy or intolerance pl	
	Option 2	Vegetable Tagine with Rice	Jacket Potato with Beans, Cheese or Tuna	Quorn Roast Fillet with Roast Potatoes & Gravy	Vegetable Fajita Filling (No Tortilla, No Cumin) with 50/50 Rice	Spanish Omelette with Chips	ask a membe the catering t for information your child has school lunch a has a food all or intolerance will be asked complete a fo to ensure we l	
	Vegetables	Sweetcorn Broccoli	Peas Carrot & Beetroot Slaw	Carrots Green Beans	Summer Roasted Vegetables	Baked Beans Peas		
	Dessert	NGCI Chocolate & Beetroot Brownie	Fresh Fruit & Yoghurt (No Granola, No Crumble)	NGCI Iced Sponge	NGCI Eves Pudding with Custard	NGCI Vanilla Shortbread		
		Or a choice of Yoghurt & Fresh Fruit available daily						
Week Three	Option 1	NGCI Cheese & Tomato Pizza with Potato Salad		Roast Gammon and Roast Potatoes & Gravy	Bolognaise with NGCI Pasta	NGCI Bubble Fish with Chips	cater for your child. We use large variety of ingredients in	
	Option 2	Summer Vegetable Risotto	Tomato & Vegetable Pasta NGCI Pasta		Five Bean Chilli with Rice (No Cumin)		preparation of meals and du the nature of kitchens it is n	
	Vegetables	Sweetcorn Peas	Tomato & Onion Slaw Grated Carrot & Raisin Salad	Carrot Cabbage	Broccoli Sweetcom	Baked Beans Peas	possible to completely remove the ris cross	
	Dessert	NGCI Vanilla Shortbread	Fresh Fruit & Yoghurt (No Granola, No Crumble)	NGCI Iced Sponge	NGCI Lemon Drizzle Cake	Peaches & Ice Cream	contamination	
			Or a choice	e of Yoghurt & Fresh Fruit ave	ailable daily		062	