

**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.

# Orchard Autumn 2018

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Sausage Pasta Bake	Cottage Pie with Gravy	Roast Beef with Roast Potatoes and Gravy	Chicken Tikka with Rice	Fishfingers or Salmon Fishcake with Chips
03-Sep	<b>Vegetarian</b>	Jollof Rice with Quorn and Mixed Beans	Shepherdess Pie	Cheese and Pepper Whirl with Roast Potatoes and Gravy	Lentil and Sweet Potato Curry with Rice	Macaroni Cheese with Garlic Slice
24-Sep						
15-Oct						
12-Nov		Mixed Vegetables Peas	Green Beans Glazed carrots	Carrot and Swede Mash	Sweet corn Broccoli	Baked Beans Garden Peas
03-Dec	<b>Dessert</b>	Carrot and Courgette Cake & Custard Yoghurt Fresh Fruit Platter	Apple, Cheese & Biscuits Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Platter	Apple Crumble & Custard Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station
<b>Week 2</b>	<b>Main</b>	Beef Lasagne with Garlic Slice	Chicken Stir Fry with Noodles	Roast Turkey with Roast Potatoes and Gravy	Pasta Beef Bolognese	MSC Breaded Fish with Chips
10-Sep	<b>Vegetarian</b>	Soya Mince Lasagne with Garlic Slice	Vegetable Enchiladas with Rice	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Pasta Quorn Mince Bolognese	Wholemeal Cheese & Tomato Quiche with Chips
01-Oct						
22-Oct						
19-Nov		Coleslaw Sweet corn	Peas Carrots	Broccoli Cauliflower	Roasted Mixed Vegetables	Baked Beans Garden Peas
10-Dec	<b>Dessert</b>	Chocolate & Banana Oaty Square Yoghurt Fresh Fruit Platter	Lemon Custard with Shortbread	Yoghurt Fresh Fruit Salad	Pineapple Loaf Yoghurt Fresh Fruit Platter	Yoghurt and Fruit Station
<b>Week 3</b>	<b>Main</b>	Wholemeal Chicken and Red Pepper Pizza with Jacket Wedges	Chicken Pasta Bake	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Chilli and Rice	MSC Battered Fish with Chips
17-Sep	<b>Vegetarian</b>	Wholemeal Cheese & Tomato Pizza with Jacket Wedges	Vegetable Pasta Bake	Vegetable Wellington with Roast Potatoes and Gravy	Five Bean Chilli with Rice	Red Pepper Frittata with Chips
08-Oct						
05-Nov						
26-Nov		Coleslaw Mixed Peppers	Peppers Green Beans	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Baked Beans Garden Peas
17-Dec	<b>Dessert</b>	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Platter	Jelly with Mandarins Yoghurt Fresh Fruit Chunks	Yoghurt Fresh Fruit Chunks	Chocolate Sponge with Chocolate Drizzle Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station

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

