

**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  
Spring 2019

caterlink  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Chicken Chow Mein with Noodles	Macaroni Pastitsio	Roast Turkey with Roast Potatoes & Gravy	Chicken Marengo with Rice	MSC Breaded Fish With Chipped Potatoes, Tomato Sauce
	<b>Vegetarian</b>	Soya Mince and Vegetable Stir Fry with Noodles	Cheese & Pepper Whirl with New Potatoes	Quorn Roast With Roast Potatoes and Gravy	Chickpea Aloo Chaat with Rice	Glamorgan Sausage with Chipped Potatoes
	<b>Vegetables</b>	Sweetcorn Green Beans	Baked Tomatoes Peas	Carrot & Swede mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
	<b>Dessert</b>	Apple & Strawberry Strudel with Custard, Natural Flavoured Yoghurt or Fresh Fruit	Oaty Cookie, Natural Flavoured Yoghurt or Fresh Fruit	Natural Flavoured Yoghurt or Fresh Fruit	Pineapple Upside down Cake with Custard, Natural Flavoured Yoghurt or Fresh Fruit	Yoghurt and Fruit Station
<b>Week 2</b>	<b>Main</b>	Hot Dogs with Homemade Tomato Sauce and Homemade Jacket Wedges	Chicken and Sweetcorn Puff Pastry Pie with New Potatoes and Gravy	Roast BBQ Chicken With Roast Potatoes and Gravy	Spaghetti Bolognese	MSC Battered Fish Chipped Potatoes, Tomato Sauce
	<b>Vegetarian</b>	Quorn Sausages in a Hot Dog Roll with Potato Wedges	Macaroni Cheese	Vegetable Wellington with Roast Potatoes	Quorn and Mixed Bean Cassoulet with Mash Potato	Cheese Tomato & Spinach Frittata with Chipped Potatoes
	<b>Vegetables</b>	Coleslaw Green Salad	Broccoli Sliced Carrots	Red Cabbage Green Beans	Peppers Sweetcorn	Baked Beans Garden Peas
	<b>Dessert</b>	Chocolate Shortbread, Natural Flavoured Yoghurt or Fresh Fruit	Banana Sponge & Custard, Natural Flavoured Yoghurt or Fresh Fruit	Natural Flavoured Yoghurt or Fresh Fruit	Apple, Cheese and Biscuits, Natural Flavoured Yoghurt or Fresh Fruit	Yoghurt and Fruit Station
<b>Week 3</b>	<b>Main</b>	Beef and Vegetable Hotpot with Sliced Potatoes	Wholemeal BBQ Chicken Pizza with Potato Wedges	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack & Rice	MSC Fish Fingers/ Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
	<b>Vegetarian</b>	Creamy Broccoli Pasta Bake	Wholemeal Cheese and Red Pepper Pizza with Potato Wedges	Spiced Vegetable, Chickpea and Soya Pattie with Roast Potatoes and Gravy	Vegetable and Apricot Tagine with Couscous	Wholemeal Spinach & Tomato Quiche with Chipped Potatoes
	<b>Vegetables</b>	Broccoli Baked Tomatoes	Sweetcorn Green Beans	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
	<b>Dessert</b>	Mandarins & Ice Cream, Natural Flavoured Yoghurt or Fresh Fruit	Oaty Peach Crumble and Custard, Natural Flavoured Yoghurt or Fresh Fruit	Natural Flavoured Yoghurt or Fresh Fruit	Chocolate and Mandarin Brownie, Natural Flavoured Yoghurt	Yoghurt & Fruit Station

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