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.

The Links Menu Autumn 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 2-9-19 23-9-19 14-10-19 11-11-19 2-12-19	**Main**	Pork Sausage in a Hot Dog Roll with Potato Wedges	Mince Beef Casserole with Eston Dumpling and Mashed Potatoes	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Fishfingers/ Salmon Fishfingers with Chips
	Vegetarian	Quorn Sausage in a Hot Dog Roll with Potato Wedges	Macaroni Cheese	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Shepherdess Pie with Gravy	Cheese and Onion Quiche with Chips
		Sweetcorn Garden Peas	Green Beans Cauliflower	Carrots Broccoli	Roasted Mixed Vegetables	Baked Beans Peas
	Dessert	Apple Crumble with Custard	Orange Drizzle Cake	Rice Pudding with Mixed Berries	Berry and Apple Pie with Custard	Chocolate Krispie Cake
Week 9-9-19 30-9-19 21-10-19 18-11-19 9-12-19	**Main**	Beef Burger in a Bun with Jacket Wedges	Chicken Curry with Rice	Roast Gammon & Pineapple with Roast Potatoes and Gravy	Cottage Pie with Gravy	MSC Breaded Fishwich with Chips
	Vegetarian	Quorn Burger in a Bun with Jacket Wedges	Cheese & Potato Whirl with Baby New Potatoes	Quorn Fillet with Roast Potatoes and Gravy	Cheese & Tomato Pizza with Baby New Potatoes	Vegetable Wholemeal Pasta Bake
		Sweetcorn & Peppers Green Beans	Peas Cauliflower	Cabbage Carrots	Sweetcorn Broccoli	Baked Beans Peas
	Dessert	WM Pear Crumble with Custard	Carrot Cake	Fruit Jelly with a side of Mandarins	Eves Pudding with Custard	Chocolate Shortbread
Week 3 16-9-19 7-10-19 4-11-19 25-11-19 16-12-19	**Main**	Spaghetti Bolognaise with Garlic Bread	Chicken & Sweetcorn Pie with Gravy and Mashed Potato	Roast Turkey & Stuffing with Roast Potatoes and Gravy	Chicken Sausage Pasta Bake	MSC Fish in Batter with Chips
	Vegetarian	Quorn & Veg Fajita Wrap with Rice	Vege Mince & Vegetable Noodle Stir-Fry	Vegetarian Hot-Pot with Gravy	Margherita Pizza with Savoury Wedges	Cheese & Vegetable Pasty With Chips
		Green Beans Carrots	Peas Cauliflower	Mixed Winter Vegetables	Broccoli Carrots	Baked Beans Peas
	Dessert	Banana Loaf with Custard	Rice Pudding with Berry Sauce	Pear and Strawberry Crumble with Custard	Chocolate and Mandarin Sponge with Chocolate Sauce	Fruit, Yoghurt & Granola Station

FOOD FOR LIFE
Soil Association

Available Daily
Freshly cooked Jacket Potatoes with a choice of fillings (where advertised)
Freshly Baked Bread - Salad selection - Fruit and Yoghurt