

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.

IOW Menu Autumn 2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Sausage Pasta Bake	Chicken Stir Fry with Noodles	Roast Pork with Roast Potatoes and Gravy	Chicken Curry with Rice	MSC Salmon Fishcake/ Fishfingers with Chips
03-Sep	Vegetarian	Vegetarian Risotto	Vegetable Wraps with Rice	Quorn Roast with Roast Potatoes and Gravy	Sweet & Sour Vegetables with Noodles	Macaroni Cheese with Garlic Slice
24-Sep		Sweetcorn Peas	Peppers Green Beans	Carrot and Swede	Sweet corn Broccoli	Baked Beans Garden Peas
15-Oct	Dessert	Wholemeal Apple Crumble & Custard Yoghurt	Chocolate Cocoa Cookie Yoghurt	Carrot and Courgette Cake & Custard Yoghurt	Apple & Raisin Strudel with Custard Yoghurt	Yoghurt and Fruit Station
12-Nov		Fresh Fruit Platter	Fresh Fruit Salad	Fresh Fruit Platter	Fresh Fruit Salad	
03-Dec						
Week 2	Main	Beef Meatballs in Tomato Sauce with Rice	Chicken and Broccoli Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Fish Fingers with Chips
10-Sep	Vegetarian	Vegetable Lasagne & Jacket Wedges	Quorn Mince Bolognaise with Spaghetti	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Chickpea Curry with Rice	Wholemeal Cheese & Tomato Quiche with Chips
01-Oct		Coleslaw Sweet corn	Peas Carrots	Broccoli Cauliflower	Roasted Mixed Vegetables	Baked Beans Garden Peas
22-Oct	Dessert	Eves Pudding with Custard Yoghurt	Pineapple Loaf Yoghurt	Chocolate & Banana Oaty Square Yoghurt	Oaty Peach Crumble with Custard Yoghurt	Yoghurt and Fruit Station
19-Nov		Fresh Fruit Platter	Fresh Fruit Chunks	Fresh Fruit Salad	Fresh Fruit Platter	
10-Dec						
Week 3	Main	Wholemeal Chicken and Red Pepper Pizza with Jacket Wedges	Cottage Pie with Gravy	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips
17-Sep	Vegetarian	Five Bean Chilli with Rice	Shepherdess Pie	Vegetable Wellington with Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Wholemeal Cheese & Tomato Pizza with Chips
08-Oct		Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Baked Beans Garden Peas
05-Nov	Dessert	Mandarin Upside Down Cake	Rice Pudding with Mixed Berries	Cheese, Apple and Biscuits	Chocolate Sponge with Chocolate Drizzle	Yoghurt and Fruit Station
26-Nov		Yoghurt	Yoghurt	Yoghurt	Yoghurt	
17-Dec		Fresh Fruit Platter	Fresh Fruit Salad	Fresh Fruit Chunks	Fresh Fruit Salad	



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

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Gold Menu Autumn 2018

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Sausage Pasta Bake	Chicken and Ginger Stir Fry with Noodles	Roast (as advertised) with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Salmon Fishcake/ Fishfingers with Chips
03-Sep	Vegetarian	Vegetarian Butterbean Risotto	Vegetable Enchiladas with Rice	Quorn Roast with Roast Potatoes and Gravy	Sweet & Sour Vegetables with Noodles	Macaroni Cheese with Garlic Slice
24-Sep						
15-Oct	Dessert	Baked Tomatoes Peas	Peppers Green Beans	Carrot and Swede Mash	Sweet corn Broccoli	Baked Beans Garden Peas
12-Nov						
03-Dec		Wholemeal Apple Crumble & Custard Yoghurt Fresh Fruit Platter	Chocolate Cocoa Cookie Yoghurt Fresh Fruit Salad	Carrot and Courgette Cake & Custard Yoghurt Fresh Fruit Platter	Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Salad	Yoghurt and Fruit Station
Week 2	Main	Beef Meatballs in Tomato Sauce with Rice	Chicken and Broccoli Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese (made with organic mince beef)	MSC Breaded Fish with Chips
10-Sep	Vegetarian	Soya Mince Lasagne Jacket Wedges	Quorn Mince Bolognaise with Spaghetti	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Chickpea Aloo Chaat with Rice	Wholemeal Cheese & Tomato Quiche with Chips
01-Oct						
22-Oct	Dessert	Coleslaw Sweet corn	Peas Carrots	Broccoli Cauliflower	Roasted Mixed Vegetables	Baked Beans Garden Peas
19-Nov						
10-Dec		Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Pineapple Loaf Yoghurt Fresh Fruit Chunks	Chocolate & Banana Oaty Square Yoghurt Fresh Fruit Salad	Oaty Peach Crumble with Custard Yoghurt Fresh Fruit Platter	Yoghurt and Fruit Station
Week 3	Main	Wholemeal Chicken and Red Pepper Pizza	Cottage Pie with Gravy (made with organic mince beef)	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips
17-Sep	Vegetarian	Five Bean Chilli with Rice	Shepherdess Pie	Vegetable Wellington with Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Wholemeal Cheese & Tomato Pizza with Chips
08-Oct						
05-Nov	Dessert	Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Baked Beans Garden Peas
26-Nov						
17-Dec		Mandarin Upside Down Cake Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits 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