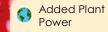
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Autumn Winter 2022 Central Menu Option B









Available	
Daily:	

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

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 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 kitchens it is not possible to completely remove the risk of contamination.

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feeding the imag	jination	Monday	Tuesday	Wednesday	Thursday	Friday	
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Week One	Option 1	Cheesy Swirl with New Potatoes	Chicken Curry with Rice	Roast of the Day with Stuffing, Roast Potatoes and Gravy	A choice of Burger (meat, veggie or vegan) BUILD A BURGER	Fishfingers/ Salmon Fishfingers with Chips	
	Option 2	Tomato Pasta	Veggie Wrap Stack with Rice	Crunchy Top Veg Bake with Roast Potatoes	Toppings and Potato Wedges	Cheese Omelette with Chips	
	Vegetables	Cauliflower Green Beans	Peas Sweetcorn	Carrot & Swede Mash Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans	
	Dessert	Pear and Chocolate Crumble with Custard	Yoghurt & Raisin Cake	Fresh Fruit and Yoghurt Station	Seasonal Root Cake	Vanilla Shortbread	
		Or a choice of Yoghurt & Fresh Fruit available daily					
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Week Two	Option 1	Mac and Cheese Station	Chicken Pie with Mashed Potato	Roast of the Day with Stuffing, Roast Potatoes and Gravy	Spaghetti Bolognaise with Garlic Bread	Fishfingers with Chips	
	Option 2	A choice of different Mac & Cheese flavours, with meat & vegetarian toppings	Veggie Shepherd's Pie with Gravy	Parsnip and Sweet Potato Loaf with Roast Potatoes	Vegetable Fajitas with Rice	Mexican Roll with Chips	
	Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Cauliflower	Green Beans Roasted Butternut Squash	Peas Baked Beans	
	Dessert	Jelly with Mandarins	Chocolate Drizzle Cake	Fresh Fruit and Yoghurt Station	Apple & Blackberry Roll with Custard	Oaty Cookie	
		Or a choice of Yoghurt & Fresh Fruit available daily					
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Week Three	Option 1	Cheese and Tomato Pizza with Potato Wedges	Sausage Roll with Sweet Potato Mash	Roast of the Day with Stuffing, Roast Potatoes and Gravy	Quirky Bird A choice of flavoured chicken	Fishfingers with Chips	
	Option 2	Veggie Chilli with Rice	Veggie Sausage with Sweet Potato Mash	Lentil and Vegetable Soya Roast with Roast Potatoes	or vegan Quorn, With Potato Wedges and Salads	Cheese Quiche with Chips	
	Vegetables	Green Beans Carrots	Baked Beans Sweetcorn	Cauliflower Peas	Broccoli Carrots	Mushy Peas Baked Beans	
	Dessert	Marble Cake	Chocolate Cookie 🔷	Fresh Fruit and Yoghurt Station	Banana Sponge with Custard	Orange and Lemon Shortbread	
		Or a choice of Yoghurt & Fresh Fruit available daily					