

**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.

## St. Mary's Autumn Silver Menu 2017

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>  4/9/17 25/9/17 16/10/17 13/10/17 4/12/17	Option 1	Sausages with Mash & Gravy	Shepherd's Pie with Gravy	Roast Gammon with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Salmon Fishcake with Chips
	Option 2	Quorn Sausages & Mash with Gravy	Sweet & Sour Vegetables with Noodles	Quorn Roast with Roast Potatoes and Gravy	Creamy Vegetable Pie with Mash Potato Topping	Macaroni Cheese with Garlic Slice
	Option 3	Jacket Potato with Cheese	Vegetable Pasta Bake	Jacket Potato with Tuna	Cheese & Spinach Pasta	Jacket Potato with Beans
	Dessert	Cauliflower Peas Wholemeal Plum & Vanilla Crumble with Custard Yoghurt Fresh Fruit Platter	Carrots Green Beans Apple & Raisin Flapjack Yoghurt Fresh Fruit Salad	Savoy Cabbage Swede Carrot and Courgette Cake & Custard Yoghurt Fresh Fruit Platter	Sweet corn Peppers Dutch Apple Pie & Custard Yoghurt Fresh Fruit Salad	Baked Beans Garden Peas Lemon Drizzle Cake Yoghurt Fresh Fruit Chunks
<b>Week 2</b>  11/9/17 2/10/17 30/10/17 20/11/17 11/12/17	Option 1	Beef Burger with Jacket Wedges	Chicken Neapolitan Wholemeal Pasta	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Fish Fingers with Chips
	Option 2	Vegetable Lasagne Jacket Wedges	Lentil & Basil Puff Pastry Turnover with New Potatoes	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Lentil & Sweet Potato Curry with Rice	Cheese & Tomato Quiche with Chips
	Option 3	Jacket Potato with Cheese	Lentil & Tomato Pasta	Jacket Potato with Tuna	Macaroni Cheese	Jacket Potato with Beans
	Dessert	Coleslaw Sweet corn Orange Bread & Butter Pudding with Custard Yoghurt Fresh Fruit Platter	Broccoli Carrots Wholemeal Banana Loaf Yoghurt Fresh Fruit Chunks	Carrots Courgettes Vanilla Shortbread with Yoghurt Fresh Fruit Salad	Roasted Mixed Vegetables Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Baked Beans Garden Peas Chocolate & Beetroot Brownie Yoghurt Fresh Fruit Chunks
<b>Week 3</b>  18/9/17 9/10/17 6/11/17 27/11/17 18/12/17	Option 1	BBQ Chicken Pizza with Jacket Wedges	Minced Beef and Onion Pie with Mash Potatoes	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne	MSC Breaded or Battered Fish with Chips
	Option 2	Bean Vegetable Chilli with Rice	Vegetable Wholemeal Pasta Bake	Vegetable Wellington with Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Cheese & Tomato Pizza with Chips
	Option 3	Jacket Potato with Cheese	Pasta Bolognese	Jacket Potato with Tuna	Roasted Vegetable Lasagne	Jacket Potato with Beans
	Dessert	Sweet corn Mixed Peppers Pear Sponge with Custard Yoghurt Fresh Fruit Platter	Green Beans Glazed carrots Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Savoy Cabbage Sweetcorn Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks	Broccoli Tomato Salad Apple & Raisin Strudel with Custard Yoghurt Yoghurt Fresh Fruit Salad	Garden Peas Baked Beans Yoghurt Fresh Fruit Platter