

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.

Autumn Silver Menu 2019 ELMCOURT

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Spaghetti Bolognaise	Chicken Sausage in a Hot Dog Roll with Potato Wedges	Roast Chicken with, Roast Potatoes and Gravy	Jamaican Rice with Beef & Beans	Fish in Batter with Oven Baked Chips, Tomato Sauce
02/09/19						
23/09/19	Vegetarian	Vegetarian Soya Bolognaise (v)	Quorn Sausage in a Hot Dog Roll with Potato Wedges (v)	Quorn Roast with Roast Potatoes and Gravy (v)	Bean & Vegetable Hotpot with Gravy (v)	Bean and Lentil Burger with Oven Baked Chips (v)
14/10/19	3rd Option	Jacket Potato with choice of fillings	Vegetable Risotto (v)	Lentil and Basil Puff Pastry Turnover with Roast Potatoes	Pasta Arrabiata (v)	Cheese and Pepper Whirl with Roast Potatoes (v)
11/11/19	Vegetables	Broccoli & Carrots	Sweetcorn & Baked Beans	Carrots & Green Beans	Roast Vegetables & Sweetcorn	Garden Peas & Baked Beans
02/12/19	Dessert	Carrot & Courgette Cake with Custard	Wholemeal Apple and Vanilla Crumble with Ice Cream	Banana Sponge with Custard	Apple & Blackberry Cobbler with Custard	Chocolate and Banana Oaty Square
Week 2	Main	Beef Lasagne with Garlic Bread	Wholemeal Chicken Pizza with Homemade Jacket Wedges	Roast Turkey with Roast Potatoes and Gravy	Jerk Chicken with Rice	Fish in Batter with Oven Baked Chips, Tomato Sauce
09/09/19						
30/09/19	Vegetarian	Vegetable Lasagne with Garlic Bread (v)	Cheese and Tomato Pizza with Homemade Jacket Wedges (v)	Spanish Omelette with New Potatoes (v)	Quorn and Vegetable Stir Fry (v)	Vegetable and Leek Pie (Mashed Potato Top) with Gravy (v)
28/10/19	3rd Option	Jacket Potato with a Choice of Filling(v)	Chickpea Aloo Chat with 50/50 Rice	Vegetable Wellington with Roast Potatoes and Gravy (v)	Vegetable Fajitas with Rice(v)	Wholemeal Vegetable Pasta Bake (v)
18/11/19	Vegetables	Sweetcorn & Broccoli	Green Cabbage & Carrots	Carrot & Garden Peas	Roasted Seasonal Vegetables & Broccoli	Baked Beans & Garden Peas
09/12/19	Dessert	Eves Pudding with Custard	Pear and Chocolate Crumble with Custard	Apple & Raisin Flapjack	Mandarin & Cinnamon Upside Down Cake with Custard	Berry and Apple Pie with Ice Cream
Week 3	Main	Chilli Con Carne with Rice	Chicken & Leek Pie with Creamed Potatoes and Gravy	Roast Chicken with, Roast Potatoes and Gravy	Beef Meatballs in Tomato Sauce with Spaghetti	Fish in Batter with Oven Baked Chips, Tomato Sauce
16/09/19						
07/10/19	Vegetarian	Vegetable Soya Chilli with Rice (v)	Creamy Vegetable Pie with Creamed Potatoes and Gravy (v)	Vegetable Cottage Pie with Gravy(v)	Quorn & Bean Veggie Balls with Spaghetti (v)	Red Pepper and Cheese Frittata with Oven Baked Chips (v)
04/11/19	3rd Option	Macaroni Cheese (v)	Jacket Potato with Choice of filling	Wholemeal Pasta Neapolitan with Spinach	Jacket Potato with Choice of filling	Mixed Bean and Cassoulet with Rice
25/11/19	Vegetables	Carrots & Broccoli	Sweetcorn & Baked Beans	Cabbage & Carrots	Green Beans & Carrots	Garden Peas & Baked Beans
16/12/19	Dessert	Sticky Toffee Apple Crumble with Custard	Feathered Iced Marble Sponge	Pineapple Upside Down Cake with Custard	Chocolate and Beetroot Brownie with Ice Cream	Jam Sponge with Custard



Available Daily
Bread freshly baked on site daily
Daily salad selection
Fresh fruit and yoghurt