

**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 Spring Menu 2018

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Chicken Chow Mein	Wholemeal Chicken and Red Pepper Pizza with Baked Potato	Roast (as advertised) With Roast Potatoes and Gravy	Beef Meatballs in a Tomato Sauce with Rice	MSC Breaded Fish With Chipped Potatoes, Tomato Sauce
<b>Week 1</b>	<b>Vegetarian</b>	Potato & Courgette Layer Bake	Lentil and Vegetable Curry with Rice	Cheese & Pepper Whirl with Roast Potatoes	BBQ Quorn with Rice	Glamorgan Sausage with Chipped Potatoes
01-Jan						
22-Jan		Sweetcorn Green Beans	Roasted Vegetables	Carrot & Swede mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
19-Feb						
12-Mar	<b>Dessert</b>	Fruit Yoghurt and Shortbread	Apple and Mixed Berry Crumble & Custard	Banana Sponge	Pineapple upside down Cake with Custard	Pear & Ginger Muffin
<b>Week 2</b>	<b>Main</b>	Hot Dogs with Homemade Tomato Sauce & Jacket Wedges	Baked Greek Lasagne	Roast Turkey with Roast Potatoes & Gravy	Beef Casserole (Goulash) with Rice	MSC Battered Fish Chipped Potatoes, Tomato Sauce
<b>Week 2</b>	<b>Vegetarian</b>	Vegetarian Hot Dog with Homemade Tomato Sauce, Jacket Wedges	Wholemeal Spinach & Tomato Quiche with New Potatoes	Mixed Vegetable Loaf with Roast potatoes and Gravy	Quorn Mince Pasta Bolognese	Cheese and Tomato Pizza with Chipped Potatoes
08-Jan						
29-Jan		Tomato & Red Onion Slaw Green Salad	Courgettes in a tomato sauce Cauliflower	Broccoli Sliced Carrots	Sweet corn	Baked Beans Garden Peas
26-Feb						
19-Mar	<b>Dessert</b>	Pear Crumble and Custard	Apple, Cheese and Biscuits	Chocolate Cookie with Natural Yogurt	Apple & Berry Strudel with Custard	Chocolate and Orange Brownie
<b>Week 3</b>	<b>Main</b>	Beef Burger in a Bun with Oven Baked New Potatoes	Turkey & Veg Pie with Pastry topping & Mash Potato	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack & Rice with Garlic Slice	MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
<b>Week 3</b>	<b>Vegetarian</b>	Vegetarian Burger in a Bun with Baked New Potatoes	Mixed Bean Cassoulet with Mash Potato	Vegetarian Wellington with Roast Potatoes	Macaroni Cheese with Tomato topping	Cheese Tomato & Spinach Frittata with Chipped Potatoes
15-Jan						
05-Feb		Broccoli Sweetcorn	Cauliflower Green Beans	Shredded Cabbage Carrots	Roasted Vegetable Medley Sweetcorn	Baked Beans Garden Peas
05-Mar						
26-Mar	<b>Dessert</b>	Carrot & Sultana Cake with Custard	Tuti Fruity Tuesday	Peach Crumble & Custard	Mandarin Jelly	Lemon Surprise Cake



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