

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 Autumn
2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 2/9 23/9 14/10 18/11 9/12	Main	Pork Sausage in a Hot Dog Roll with Potato Wedges	Chilli Con Carne with Rice	Roast Chicken with Roast Potatoes and Gravy	Chicken Pie with Mashed Potato and Gravy	Fish Fingers/ Salmon Fishfingers with Chips
	Vegetarian	Quorn Sausage in a Hot Dog Roll with Potato Wedges	Macaroni Cheese with Homemade Pizza Bread	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Vegetable Pie with Mashed Potato and Gravy	Red Pepper and Cheese Frittata
		Sweetcorn Coleslaw	Green Beans Carrots	Cauliflower Broccoli	Peas Cauliflower	Baked Beans Peas
	Dessert	Orange Drizzle Cake	Apple Crumble with Custard	Oaty Cookie	Yoghurt Station Fruit platter	Carrot and Courgette Cake
Week 2 9/9 30/9 4/11 25/11 16/12	Main	Cheese and Tomato Pizza with New Potatoes	Beef Lasagne with Garlic Bread	Roast Turkey with Roast Potatoes and Gravy	Sweet Chicken Curry with Rice	Fish in Batter with Chips
	Vegetarian	Vegetable Tagine with Couscous	Vegetable Lasagne with Garlic Bread	Quorn Roast with Roast Potatoes and Gravy	Lentil and Sweet Potato Curry with Rice	Vegetable Pasta Bake
		Mixed Peppers Sweetcorn	Mixed Salad Peas	Cabbage Carrots	Sweetcorn Green Beans	Baked Beans Peas
	Dessert	Eves Pudding with Custard	Mandarins and Ice Cream	Chocolate Shortbread	Yoghurt Station Fruit platter	Banana Loaf
Week 3 16/9 7/10 11/11 2/12	Main	Beef Bolognese with Spaghetti	Cottage Pie with Gravy	Roast Chicken and Stuffing with Roast Potatoes and Gravy	Chicken Pasta with Homemade Garlic Bread	Fish Fingers with Chips
	Vegetarian	Soya Bolognese with Spaghetti	Shepherdess Pie with Gravy	Vegetarian Wellington with Roast Potatoes and Gravy	Five Bean Chilli with Rice	Cheese and Onion Quiche with Chips
		Peas Carrots	Sweetcorn Broccoli	Fresh Mixed Seasonal Vegetables	Peas Cauliflower	Baked Beans Peas
	Dessert	Pear Crumble with Custard	Rice Pudding with Mixed Berries	Apple, Cheese and Biscuits	Yoghurt Station Fruit platter	Chocolate and Mandarin Sponge

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

