

**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.

Spring GOLD  
Menu 2018  
Ashchurch

caterlink  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>  <b>Week 1</b> 01-Jan 22-Jan 19-Feb 12-Mar	Main	Hotdogs with tomato sauce and jacket wedges	Macaroni Pastichio (made with organic mince beef)	Roast chicken with stuffing and Roast Potatoes and Gravy	Organic beef cottage pie	MSC Breaded Fish With Chips & Tomato Sauce
	Vegetarian	Potato & Courgette Layer Bake	Spinach & Tomato Quiche with New Potatoes	Mixed Vegetable Loaf With Roast Potatoes and Gravy	Macaroni Cheese with Tomato topping	Vegetable fajita
		Jacket potato with tuna mayo	Jacket potato with beans	Jacket potato with tuna mayo	Jacket potato with beans	Jacket potato with cheese
	Dessert	broccoli sweetcorn	peas Cauliflower	Carrot & Swede mash	Sweetcorn Roasted courgette	Baked Beans Garden Peas
		Shortbread Yoghurt Fruit platter	Apple and Mixed Berry Crumble & Custard Yoghurt Fruit chunks	flapjack Yoghurt Fruit pieces	Pineapple upside down Cake with Custard Yoghurt Fruit platter	Pear & Ginger Muffin Yoghurt Fruit salad
<b>Week 2</b>  <b>Week 2</b> 08-Jan 29-Jan 26-Feb 19-Mar	Main	Beef meatballs in tomato sauce with rice	Chicken and Red Pepper Pizza with baby Baked Potato (made with free range chicken)	Roast Turkey with Roast Potatoes & Gravy	Organic beef mince pasta bolognaise	MSC Battered Fish Chips & Tomato Sauce
	Vegetarian	Vegetable Pasta Bake	Lentil and Vegetable Curry with Rice	Cheese & Pepper Whirl with Roast Potatoes	Quorn Mince Pasta Bolognaise	Quorn hotdog with chips
		Jacket potato with tuna mayo	Jacket potato with beans	Jacket potato with tuna mayo	Jacket potato with beans	Jacket potato with cheese
	Dessert	Red Onion Slaw sweetcorn	Roasted Vegetables	Broccoli Sliced Carrots	cauliflower Sweet corn	Baked Beans Garden Peas
		Pear Crumble and Custard Yoghurt Fruit platter	Lemon drizzle cake Yoghurt Fruit chunks	Chocolate Cookie Yoghurt Fruit pieces	Apple & Berry Strudel with Custard Yoghurt Fruit platter	Chocolate and Orange Brownie Yoghurt Fruit salad
<b>Week 3</b>  <b>Week 3</b> 15-Jan 05-Feb 05-Mar 26-Mar	Main	Beef Burger in a Bun with jacket wedges	Chicken tikka & rice	Roast pork with Roast Potatoes and Gravy	Beef Tortilla Stack with Garlic Slice (made with organic mince beef)	MSC Fish Fingers with chips & Tomato Sauce
	Vegetarian	Mixed bean cassoulet with jacket wedges	Cheese & tomato pizza With new potatoes	Vegetarian Wellington with Roast Potatoes	Macaroni cheese with garlic slice	Vegetable pasty with Chips
		Jacket potato with tuna mayo	Jacket potato with beans	Jacket potato with tuna mayo	Jacket potato with beans	Jacket potato with cheese
	Dessert	Broccoli Sweetcorn	carrots Green Beans	Shredded Cabbage swede	Roasted Vegetable Medley	Baked Beans Garden Peas
		Carrot & Sultana Cake with Custard Yoghurt Fruit platter	Chocolate crunch Yoghurt Fruit chunks	Jelly with a Side of Mandarins Yoghurt Fruit pieces	banana cake & Custard Yoghurt Fruit platter	Lemon & Cucumber Cake Yoghurt Fruit salad

