

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.

Cornwall Summer GOLD Menu 2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Sausages with Mashed Potatoes and Gravy	Spaghetti Bolognaise (made with organic mince beef)	Roast Pork (free range pork) with Roast New Potatoes & Gravy	Mediterranean Chicken with Rice	Salmon Fish Finger / Fish Fingers, Chips and Tomato Sauce
16/04/2018	Vegetarian	Quorn Sausages with Mashed Potatoes and Gravy	Soya Mince & Veg Stir Fry with Noodles	Homemade Quorn Roast with Roast New Potatoes & Gravy	Cheese, Onion and Spinach Quiche with ½ jacket potato	Wholemeal Pasta Neapolitan with Spinach
07/05/2018		Carrots Garden Peas	Sweetcorn Broccoli	Fresh Mixed Seasonal Vegetables	Mixed Peppers & Green Beans	Baked Beans Garden Peas
04/06/2018	Dessert	Wholemeal Peach Crumble with Custard Yoghurt Fresh Fruit Platter	Chocolate and Beetroot Brownie Yoghurt Fresh Fruit Salad	Sliced Cheese, Apple and Biscuits Yoghurt Fresh Fruit Platter	Apple Pie with Custard Yoghurt Fresh Fruit Salad	Iced Sponge Yoghurt Fresh Fruit Salad
25/06/2018						
16/07/2018						
Week 2	Main	Chicken Arrabiata Pasta	Beef Fajitas with Baked Jacket Wedges (made with organic mince beef)	Roast Turkey with Roast Potatoes & Gravy	Chicken with Jollof Rice	Breaded Fish Chips, Tomato Sauce
23/04/2018	Vegetarian	Quorn Mince Vegetarian Bolognaise	Vegetable (Soya) Chilli, Rice and Wholemeal Flatbread	Lentil and Basil Puff Pastry Turnover with Roast Potatoes	Macaroni Cheese with Tomato topping	Homemade Spicy Bean Burger with Chips
14/05/2018		Roasted Peppers & Sweetcorn Mix	Mixed Green Salad Coleslaw	Fresh Mixed Seasonal Vegetables	Broccoli Sweet corn	Baked Beans Garden Peas
11/06/2018	Dessert	Berry and Apple Cobbler & Cream Yoghurt Fresh Fruit Salad	Lemon Drizzle Yoghurt Fresh Fruit Platter	Oaty Cookie with Fruit Yoghurt Yoghurt Fresh Fruit Salad	Chocolate Mandarin Sponge with Choc Sauce Yoghurt Fresh Fruit Platter	Fruit Yoghurt Fresh Fruit Salad
02/07/2018						
23/07/2018						
Week 3	Main	Cajun Chicken with Rice	Wholemeal Beef and Red Pepper Pizza with Baby New Potatoes (made with organic mince beef)	Roast Chicken & Stuffing with Roast Potatoes & Gravy	Beef in Soy Sauce with Noodles	Fish in Batter, Chips, Tomato Sauce
30/04/2018	Vegetarian	Lentil and Sweet Potato Curry with Rice	Cheese and Tomato Pizza with Baby New Potatoes	Creamy Vegetable Wholemeal Pie with Roast Potatoes & Gravy	Wholemeal Vegetable Pasta Bake	Spanish Omelette with Chips
21/05/2018		Mixed Peppers & Green Beans	Sweetcorn and Roasted Tomatoes	Fresh Mixed Seasonal Vegetables	Broccoli and Cauliflower	Garden Peas Baked Beans
18/06/2018	Dessert	Apple Crumble with Custard Yoghurt Fresh Fruit Salad	Fruit Yoghurt Fresh Fruit Platter	Apple Flapjack Yoghurt Fresh Fruit Salad	Peach Upside Down Cake Yoghurt Fresh Fruit Platter	Vanilla Shortbread Yoghurt Fresh Fruit Salad
09/07/2018						



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