

ALWYN INFANT SCHOOL - CATER LINK MENU - AUTUMN TERM – FROM TUESDAY 5th SEPTEMBER 2017

Wk 1 W/C	Choice	Monday	Tuesday	Wednesday	Thursday	Friday
4/9/17 25/9/17	Meat	Pasta Carbonara (Ham)	Cottage Pie with Gravy (Beef Mince)	Roast Turkey with Roast Potatoes and Gravy	Chicken Tikka with Rice	Jumbo Fish Finger with Chips
16/10/17 13/11/17	Vegetarian	Quorn Sausages with Mash & Gravy	Sweet & Sour Vegetables with Noodles	Quorn Roast with Roast Potatoes & Gravy	Macaroni Cheese with Garlic Slice	Spanish Omelette with Chips
4/12/17	Alternative	Pasta with Cheese, Tuna Mayonnaise or Baked Beans	Filled Jacket Potato with Cheese, Tuna Mayonnaise or Baked Beans	Pasta with Cheese, Tuna Mayonnaise or Baked Beans	Filled Jacket Potato with Cheese, Tuna Mayonnaise or Baked Beans	Pasta with Cheese, Tuna Mayonnaise or Baked Beans
	With	Cauliflower Garden Peas	Carrots Green Beans	Savoy Cabbage Swede	Sweetcorn & Peppers	Baked Beans Garden Peas
	Dessert	Wholemeal Plum & Vanilla Crumble with Custard Yoghurt or Fresh Fruit Salad	Apple & Raisin Flapjack, Yoghurt or Fresh Fruit Salad	Carrot & Courgette Cake & Custard, Yoghurt or Fresh Fruit Salad	Dutch Apple Pie & Custard, Yoghurt or Fresh Fruit Salad	Lemon Drizzle Cake, Yoghurt or Fresh Fruit Salad
Wk 2 W/C		Monday	Tuesday	Wednesday	Thursday	Friday
11/9/17	Meat	Beef Burger in a Bun with Jacket Wedges	Chicken Neapolitan Wholemeal Pasta	Roast Turkey with Roast Potatoes & Gravy	Spaghetti Bolognese (Beef Mince)	Jumbo Fish Finger with Chips
2/10/17	Vegetarian	Vegetable Lasagne with Jacket Wedges	Lentil & Basil Puff Pastry Turnover & New Potatoes	Mixed Vegetable Roast with Roast Potatoes	Lentil & Sweet Potato Curry with Rice	Cheese & Tomato Quiche with Chips
30/10/17	Alternative	Pasta with Cheese, Tuna Mayonnaise or Baked Beans	Filled Jacket Potato with Cheese, Tuna Mayonnaise or Baked Beans	Pasta with Cheese, Tuna Mayonnaise or Baked Beans	Filled Jacket Potato with Cheese, Tuna Mayonnaise or Baked Beans	Pasta with Cheese, Tuna Mayonnaise or Baked Beans
20/11/17	With	Sweetcorn Coleslaw	Broccoli Carrots	Carrots Courgettes	Roast Mixed Vegetables	Baked Beans Garden Peas
11/12/17	Dessert	Vanilla Shortbread with Yoghurt, Yoghurt or Fresh Fruit Salad	Wholemeal Banana Loaf, Yoghurt or Fresh Fruit Salad	Orange Bread & Butter Pudding & Custard, Yoghurt or Fresh Fruit Salad	Eve's Pudding with Custard, Yoghurt or Fresh Fruit Salad	Chocolate & Beetroot Brownie, Yoghurt or Fresh Fruit Salad
Wk 3 W/C		Monday	Tuesday	Wednesday	Thursday	Friday
18/9/17 9/10/17	Meat	BBQ Chicken Pizza with Jacket Wedges	Minced Beef & Onion Pie with Mashed Potatoes	Roast Gammon with Roast Potatoes and Gravy	Beef Lasagne	Jumbo Fish Finger with Chips
6/11/17 27/11/17	Vegetarian	Bean & Vegetable Chilli with Rice	Cheese & Tomato Pizza with Half a Jacket	Vegetable Wellington with Roast Potatoes & Gravy	Red Pepper Frittata with New Potatoes	Veggie Burger with Chips
18/12/17	Alternative	Pasta with Cheese, Tuna Mayonnaise or Baked Beans	Filled Jacket Potato with Cheese, Tuna Mayonnaise or Baked Beans	Pasta with Cheese, Tuna Mayonnaise or Baked Beans	Filled Jacket Potato with Cheese, Tuna Mayonnaise or Baked Beans	Pasta with Cheese, Tuna Mayonnaise or Baked Beans
	With	Sweetcorn & Mixed Peppers	Green Beans Carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Baked Beans Peas
	Dessert	Cheese, Apple & Biscuits, Yoghurt or Fresh Fruit Salad	Rice Pudding with Mixed Berries, Fruit Yoghurt or Fresh Fruit Salad	Pear Sponge with Custard, Yoghurt or Fresh Fruit Salad	Apple and Raisin Strudel with Custard, Yoghurt or Fresh Fruit Salad	Iced Sponge, Yoghurt or Fresh Fruit Salad
A drink of water will be provided. Selection of Salad available daily						