

ALWYN INFANT SCHOOL - CATER LINK MENU - AUTUMN TERM – FROM TUESDAY 4th SEPTEMBER 2018

Wk 1 W/C	Choice	Monday	Tuesday	Wednesday	Thursday	Friday
3/9/18 24/9/18	Meat	Chicken & Ginger Stir Fry with noodles	Cottage Pie (Beef) with Gravy	Roast Turkey with Roast Potatoes and Gravy	Chicken Tikka with Rice	Jumbo Fish Finger with Chips
15/10/18 12/11/18	Vegetarian	Vegetarian Butterbean Risotto	Macaroni Cheese with Garlic Slice	Quorn Roast with Roast Potatoes & Gravy	Sweet & Sour Quorn with Noodles	Vegetable Enchiladas with Chips
3/12/18	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 Garden Peas	Carrots Green Beans	Mixed Seasonal Vegetables	Sweetcorn Broccoli	Baked Beans Garden Peas
	Dessert	Wholemeal Apple Crumble with Custard Yoghurt or Fresh Fruit Salad	Chocolate Cocoa Cookie, Yoghurt or Fresh Fruit Salad	Carrot & Courgette Cake & Custard, Yoghurt or Fresh Fruit Salad	Apple & Raisin Strudel with Custard, Yoghurt or Fresh Fruit Salad	Iced Sponge, Yoghurt or Fresh Fruit Salad
Wk 2 W/C		Monday	Tuesday	Wednesday	Thursday	Friday
10/9/18	Meat	Beef Meatballs in Tomato Sauce with Rice	Chicken & Broccoli Pasta Bake	Roast Gammon with Roast Potatoes & Gravy	Spaghetti Bolognese (Beef Mince)	Jumbo Fish Finger with Chips
1/10/18	Vegetarian	Soya Mince Lasagne with Jacket Wedges	Quorn Mince Bolognese with Spaghetti	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Chickpea Aloo Chat with Rice	Cheese & Tomato Quiche with Chips
29/10/18	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
19/11/18	With	Sweetcorn Green Beans	Garden Peas Carrots	Mixed Seasonal Vegetables	Roast Mixed Vegetables	Baked Beans Garden Peas
10/12/18	Dessert	Eves Pudding with Custard, Yoghurt or Fresh Fruit Salad	Lemon Drizzle Cake, Yoghurt or Fresh Fruit Salad	Chocolate & Banana Oaty Square, Yoghurt or Fresh Fruit Salad	Oaty Peach Crumble with Custard, Yoghurt or Fresh Fruit Salad	Shortbread Biscuit, Yoghurt or Fresh Fruit Salad
Wk 3 W/C		Monday	Tuesday	Wednesday	Thursday	Friday
17/9/18 8/10/18	Meat	BBQ Chicken Pizza with Jacket Wedges	Pasta Carbonara (Ham)	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Lasagne with Garlic Slice	Jumbo Fish Finger with Chips
5/11/18 26/11/18	Vegetarian	Five Bean Chilli with Rice	Vegetable Pasta Bake	Vegetable Wellington with Roast Potatoes & Gravy	Red Pepper Frittata with New Potatoes	Cheese & Tomato Pizza with Chips
17/12/18	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 Sweetcorn	Green Beans Carrots	Mixed Seasonal Vegetables	Broccoli Carrots	Baked Beans Peas
	Dessert	Mandarin Upside Down Cake, Yoghurt or Fresh Fruit Salad	Rice Pudding with Mixed Berries, Yoghurt or Fresh Fruit Salad	Cheese, Apple & Biscuits, Yoghurt or Fresh Fruit Salad	Chocolate Sponge with Chocolate Drizzle, Yoghurt or Fresh Fruit Salad	Fruit Flapjack, Yoghurt or Fresh Fruit Salad
A drink of water will be provided. Selection of salad & bread available daily						