

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.

Norwood
Spring 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	Main	Beef Burger in a Bun with Jacket Wedges	Chicken and Tomato Pasta	Roast Pork with Roast Potatoes and Gravy	Chicken Noodles	Marine Stewardship Council Breaded Fish with Chips and Tomato Sauce	
31st Dec							
21st Jan		Vegetarian	Quorn Burger in a Bun with Jacket Wedges	Creamy Broccoli Pasta Bake	Cheese & Pepper Whirl with Roast Potatoes	Vegetable Noodles	Glamorgan Sausage with Chips
11th Feb							
11th Mar	Vegetables	Sweetcorn Green Beans	Cauliflower Peas	Carrot & Swede Mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas	
1st Apr	Dessert	Rolled Apple & Strawberry Pie with Custard	Chocolate Brownie	Oaty Cookie	Pineapple Upside Down Cake with Custard	Yoghurt and Fruit Station	
Week 2	Main	Hot Dog with Tomato Sauce and Wedges	Chicken Curry with Rice	Roast Turkey with Roast Potatoes & Gravy	Spaghetti Bolognese	Marine Stewardship Council Battered Fish with Chips and Tomato Sauce	
7th Jan							
28th Jan	Vegetarian	Veggie Hot Dog with Tomato Sauce and Wedges	Lentil and Vegetable Curry with Rice	Quorn Roast With Roast Potatoes and Gravy	Macaroni Cheese	Spinach & Tomato Quiche (Wholemeal Pastry) with New Potatoes	
25th Feb							
18th Mar	Vegetables	Coleslaw Green Salad	Broccoli Sliced Carrots	Red Cabbage Green Beans	Mixed Peppers Sweetcorn	Baked Beans Garden Peas	
	Dessert	Chocolate Shortbread	Banana Sponge & Custard	Apple, Cheese and Biscuits	Mixed Fruit Crumble (Wholemeal) & Custard	Yoghurt and Fruit Station	
Week 3	Main	BBQ Chicken Pizza (Wholemeal Base) with Jacket Wedges	Beef Lasagne	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Chilli with Rice	Marine Stewardship Council Fish Fingers with Chips and Tomato Sauce	
14th Jan							
4th Feb	Vegetarian	Cheese and Tomato Pizza (Wholemeal Base) with Jacket Wedges	Vegetable Lasagne	Vegetable Wellington with Roast Potatoes and Gravy	Quorn Chilli with Rice	Cheese Tomato & Spinach Frittata with Chips	
4th Mar							
25th Mar	Vegetables	Sweetcorn Green Beans	Broccoli Cauliflower	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas	
4th Apr	Dessert	Oaty Peach Crumble and Custard	Lemon & Mixed Berry Cake	Mandarins & Ice Cream	Pear Crumble (Wholemeal) with Custard	Yoghurt & Fruit Station	

Available Daily
Freshly cooked jacket potatoes with a choice of cheddar cheese, tuna mayonnaise or baked beans
Bread freshly baked on site daily
Daily salad selection