

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	Homemade Chicken Goujons with Jacket Wedges	Marine Stewardship Council Breaded Fish with Chips and Tomato Sauce	
11 th Mar							
1 st April		Vegetarian	Quorn Burger in a Bun with Jacket Wedges	Creamy Broccoli Pasta Bake	Cheese & Pepper Whirl with Roast Potatoes	Vegetarian Toad in the Hole	Glamorgan Sausage with Chips
		Vegetables	Sweetcorn Baked Beans	Fresh Cauliflower Peas	Fresh Mixed Seasonal Vegetables	Sweetcorn Coleslaw	Baked Beans Garden Peas
	Dessert	Apple 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	Spaghetti Bolognese	Roast Turkey with Roast Potatoes & Gravy	Chicken Curry with Rice	Marine Stewardship Council Battered Fish with Chips and Tomato Sauce	
18 th Mar							
		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
		Vegetables	Coleslaw Green Salad	Broccoli Sliced Carrots	Fresh Mixed Seasonal Vegetables	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	Margherita Pizza (Wholemeal Base) with Jacket Wedges	Beef Lasagne with Garlic Bread	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Toad in the Hole with Creamed Potatoes & Gravy	Marine Stewardship Council Fish Fingers with Chips and Tomato Sauce	
4 th Mar							
25 th Mar		Vegetarian	Cheese and Tomato Pizza (Wholemeal Base) with Jacket Wedges	Vegetable Lasagne with Garlic Bread	Vegetable Wellington With Roast Potatoes and Gravy	Quorn Chilli with Rice	Cheese & Red Pepper Frittata with Chips
		Vegetables	Sweetcorn Coleslaw	Garden Peas Mixed Salad	Fresh Mixed Seasonal Vegetables	Carrots Green Beans	Baked Beans Garden Peas
	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