

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
Autumn 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday		
Week 1	Main	Pork Sausage in a Hot Dog Roll with Jacket Wedges	Macaroni Cheese	Roast Chicken & Stuffing With Roast Potatoes and Gravy	Chicken & Tomato Pasta Bake	Marine Stewardship Council Breadcr Bread with Chips and Tomato Sauce		
2 nd Sept		Vegetarian	Quorn Sausage in a Hot Dog Roll with Jacket Wedges	Five Bean Chilli with Rice	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Cheese & Onion Quiche with Chips		
23 rd Sept			Vegetables	Sweetcorn Coleslaw	Green Beans Carrots	Fresh Mixed Seasonal Vegetables	Baked Beans Garden Peas	
14 th Oct				Dessert	Orange Drizzle Cake	Carrot & Courgette Cake with Custard	Oaty Cookie	Apple Crumble with Custard
11 th Nov	2 nd Dec	Week 2	Main	Cheese & Tomato Pizza with Jacket Wedges	Cottage Pie with Gravy	Roast Turkey with Roast Potatoes & Gravy	Chicken Tagine with Rice	Marine Stewardship Council Battered Fish with Chips and Tomato Sauce
9 th Dec	30 th Sept	Vegetarian		Vegetable Tagine with Couscous	Vegetarian Soya Spaghetti Bolognese	Quorn Fillet With Roast Potatoes and Gravy	Lentil & Sweet Potato Curry with Rice	Red Pepper and Cheese Frittata
28 th Oct	18 th Nov	Vegetables		Peppers Green Beans	Garden Peas Cauliflower	Fresh Mixed Seasonal Vegetables	Baked Tomatoes Sweetcorn	Baked Beans Garden Peas
9 th Dec	Dessert	Wholemeal Pear Crumble with Custard		Chocolate Shortbread	Apple Flapjack	Eve's Pudding with Custard	Yoghurt and Fruit Station	
Week 3	Main	Spaghetti Bolognese	Chicken & Gravy Pie with Mashed Potato Topping	Roast Pork with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	Marine Stewardship Council Fish Fingers with Chips and Tomato Sauce		
16 th Sept		Vegetarian	Quorn Burger with Jacket Wedges	Creamy Vegetable Pie with Mashed Potato and Gravy	Vegetable Wellington With Roast Potatoes and Gravy	Roasted Cauliflower Curry with Rice	Vegetable Wholemeal Pasta Bake	
7 th Oct			Vegetables	Garden Peas Carrots	Sweetcorn Broccoli	Fresh Mixed Seasonal Vegetables	Tomato & Onion Salad Green Beans	Baked Beans Garden Peas
4 th Nov				Dessert	Banana Loaf and Custard	Rice Pudding with Mixed Berries	Apple Cheese & Biscuits	Chocolate and Mandarin Sponge with Chocolate Sauce
25 th Nov	16 th Dec					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