

**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.

# Lowbrook Spring Silver Menu 2018

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Chicken Chow Mein	Macaroni Cheese with Minced Beef	Roast Pork With Roast Potatoes and Gravy	Beef Meatballs in a Tomato Sauce with Rice	MSC Breaded Fish With Chipped Potatoes, Tomato Sauce
<b>Week 1</b>	<b>Vegetarian</b>	Vegetable and Cheese Wrap served with New Potatoes	Wholemeal Spinach & Tomato Quiche with New Potatoes	Mixed Vegetable Loaf With Roast Potatoes and Gravy	Mixed Bean Casserole with Rice	Bean & Leek Sausage with Chipped Potatoes
01-Jan		Sweetcorn Green Beans	Courgettes in a tomato sauce Cauliflower	Carrot & Swede mash	Sweetcorn Mixed Peppers	Baked Beans Garden Peas
22-Jan						
19-Feb						
12-Mar	<b>Dessert</b>	Fruit Yoghurt and Shortbread	Apple and Mixed Berry Crumble & Custard	Apple, Cheese and Biscuits	Pineapple upside down Cake with Custard	Pear & Ginger Muffin
<b>Week 2</b>	<b>Main</b>	Hot Dogs with Homemade Tomato Sauce and Homemade Jacket Wedges	Wholemeal Chicken and Red Pepper Pizza with Baked Potato	Roast Turkey with Roast Potatoes & Gravy	Beef Casserole with Rice	MSC Battered Fish Chipped Potatoes, Tomato Sauce
<b>Week 2</b>	<b>Vegetarian</b>	Vegetable Wholemeal Pasta Bake	Lentil and Vegetable Curry with Rice	Cheese & Pepper Whirl with Roast Potatoes	Quorn Mince Pasta Bolognese	Cheese and Tomato Pizza with Chipped Potatoes
08-Jan		Tomato & Red Onion Slaw Green Salad	Roasted Vegetables	Broccoli Sliced Carrots	Baked Tomatoes Sweet corn	Baked Beans Garden Peas
29-Jan						
26-Feb						
19-Mar	<b>Dessert</b>	Pear Crumble and Custard	Banana Sponge & Custard	Chocolate Cookie with Natural Yogurt	Apple & Berry Strudel with Custard	Chocolate and Orange Brownie
<b>Week 3</b>	<b>Main</b>	Beef Burger in a Bun with Oven Baked New Potatoes	Turkey & Leek Pie with Mash Potato Topping	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack & Rice	MSC Salmon Fish Fingers with Chipped Potatoes, Tomato Sauce
<b>Week 3</b>	<b>Vegetarian</b>	Chinese Vegetarian Spring Roll with Oven Baked New Potatoes	Macaroni Cheese with Tomato topping	Vegetarian Wellington with Roast Potatoes	Chick Pea Aloo Chaat with Rice	Cheese Tomato & Spinach Frittata with Chipped Potatoes
15-Jan		Broccoli Sweetcorn	Cauliflower Green Beans	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
05-Feb						
05-Mar						
26-Mar	<b>Dessert</b>	Carrot & Sultana Cake with Custard	Tuti Fruity Tuesday	Jelly with a Side of Mandarins	Wholemeal Peach Crumble & Custard	Lemon & Cucumber Cake



Available Daily  
Freshly cooked jacket potatoes with a choice of fillings (where advertised)  
Bread freshly baked on site daily  
Daily salad selection  
Fresh fruit and yoghurt