

**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 Summer Menu 2018

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>  16/04/2018 07/05/2018 04/06/2018 25/06/2018 16/07/2018	<b>Main</b>	Pork Sausages with Mashed Potatoes and Gravy	Spaghetti Bolognese	Roast Turkey with Roast Potatoes & Gravy	Mediterranean Chicken Served in a Tomato Sauce with Rice	Fish Fingers, Chips and Tomato Sauce
	<b>Vegetarian</b>	Wholemeal Pasta Neapolitan with Spinach	Summer Risotto served with Garlic Slice	Quorn Roast with Roast Potatoes & Gravy	Vegetable Tagine with Couscous and Wholemeal Flatbread	Cheese, Onion and Spinach Quiche with Chips
	<b>Side</b>	Carrots Garden Peas	Sweet Corn Broccoli	Fresh Mixed Seasonal Vegetables	Sweetcorn Green Beans	Baked Beans Garden Peas
	<b>Dessert</b>	Cheese and Biscuits Yoghurt Fresh Fruit Platter	Chocolate and Beetroot Brownie Yoghurt Fresh Fruit Salad	Fruit Jelly Yoghurt Fresh Fruit Platter	Apple Pie with Custard Yoghurt Fresh Fruit Salad	Feathered Iced Sponge Yoghurt Fresh Fruit Salad
<b>Week 2</b>  23/04/2018 14/05/2018 11/06/2018 02/07/2018 23/07/2018	<b>Main</b>	Chicken Arrabiata Pasta	Beef and Bean Fajitas with Baked Jacket Wedges	Roast Pork & Apple Sauce with Roast Potatoes & Gravy	Barbeque Chicken with Rice	Breaded Fish, Chips and Tomato Sauce
	<b>Vegetarian</b>	Vegetarian Wraps	Vegetable (Soya) Chilli, Rice and Wholemeal Flatbread	Lentil and Basil Puff Pastry Turnover with Roast Potatoes	Macaroni Cheese with Tomato Topping	Spicy Bean Burger with Chips
	<b>Side</b>	Mixed Green Salad Sweet Corn	Green Beans Coleslaw	Fresh Mixed Seasonal Vegetables	Broccoli Sweet Corn	Baked Beans Garden Peas
	<b>Dessert</b>	Syrup Sponge and Custard Yoghurt Fresh Fruit Salad	Lemon Drizzle Cake Yoghurt Fresh Fruit Platter	Oaty Cookie Yoghurt Fresh Fruit Salad	Chocolate Mandarin sponge with Choc Sauce Yoghurt Fresh Fruit Platter	Banana and Chocolate Muffin Fruit Yoghurt Fresh Fruit Salad
<b>Week 3</b>  30/04/2018 21/05/2018 18/06/2018 09/07/2018	<b>Main</b>	Cajun Chicken with Rice	Meaty Beef Pizza with Baby New Potatoes	Roast Chicken & Stuffing with Roast Potatoes & Gravy	Beef Lasagne Served with Herby Bread	Fish in Batter, Chips and Tomato Sauce
	<b>Vegetarian</b>	Lentil and Sweet Potato Curry with Rice	Spanish Omelette with Baby New Potatoes	Creamy Vegetable Wholemeal Pie with Roast Potatoes & Gravy	Wholemeal Vegetable Pasta Bake	Cheese and Tomato French Bread Pizza with Chips
	<b>Side</b>	Mixed Peppers & Green Beans	Mixed Salad Coleslaw	Fresh Mixed Seasonal Vegetables	Broccoli Sweet Corn	Garden Peas Baked Beans
	<b>Dessert</b>	Apple Crumble with Custard Yoghurt Fresh Fruit Salad	Carrot and Courgette Cake Yoghurt Fresh Fruit Platter	Apple Flapjack Yoghurt Fresh Fruit Salad	Pineapple Upside Down Cake Yoghurt Fresh Fruit Platter	Vanilla Shortbread Yoghurt Fresh Fruit Salad



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