

**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 Silver Menu  
2019

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 22-Apr 13-May 10-Jun 1-Jul 11-Jul	<b>Main</b>	Beef Spaghetti Bolognaise with a slice of Garlic Bread	Pork Sausages with ½ Jacket Potato and Gravy	Roast Turkey with Roasted New Potatoes & Gravy	Chicken and Bean Fajitas with Rice	Salmon Fish Finger / Fish Fingers, Chips and Tomato Sauce
	<b>Vegetarian</b>	Wholemeal Pasta Neapolitan with Spinach	Glamorgan Bean & Leek Sausage with Baked Potato Wedges and Gravy	Creamy Vegetable Pie with Roast Potatoes & Gravy	Mixed Bean Cassoulet with Rice	Cheese and Pepper Whirl with Chips
	<b>Side</b>	Carrots Garden Peas	Sweetcorn Green Beans	Sliced Carrots Broccoli	Grated Carrot Salad Cauliflower	Baked Beans Garden Peas
	<b>Dessert</b>	Sticky Toffee Apple Crumble with Custard Yoghurt Fresh Fruit Platter	Chocolate and Beetroot Brownie Yoghurt Fresh Fruit Salad	Ice Cream & Fruits of the Forest Yoghurt Fresh Fruit Platter	Eves Pudding Yoghurt Fresh Fruit Salad	Chocolate Cocoa Cookie Fruit and Yoghurt Station
<b>Week 2</b> 29-Apr 20-May 17-Jun 8-Jul	<b>Main</b>	Beef Burger in a Bun with Baked Jacket Wedges	BBQ Chicken with 50/50 Rice	Roast Pork with Roasted Potatoes & Gravy	Beef Lasagne with Garlic Bread	MSC Breaded Fish Chips, Tomato Sauce
	<b>Vegetarian</b>	Spicy Bean Burger in a Bun with Baked Jacket Wedges	Macaroni Cheese	Lentil and Basil Puff Pastry Turnover with Roast Potatoes	Vegetarian Fajitas with 50/50 Rice	Vegetable Pasty with Chips
	<b>Side</b>	Crunchy Carrot Sticks Peas	Green Beans Coleslaw	Sliced Carrots Cauliflower	Broccoli Sweet corn	Baked Beans Garden Peas
	<b>Dessert</b>	Chocolate and Banana Square Yoghurt Fresh Fruit Salad	Lemon Drizzle Yoghurt Fresh Fruit Platter	Sliced Cheese, Apple and Biscuits Yoghurt Fresh Fruit Salad	Peach Upside Down Cake with Custard Yoghurt Fresh Fruit Platter	Vanilla Cookie Fruit and Yoghurt Station
<b>Week 3</b> 6-May 3-Jun 24-Jun 15-Jul	<b>Main</b>	Wholemeal Beef and Red Pepper Pizza with New Potatoes	Beef Meatballs with Mashed Potatoes and Gravy	Roast Chicken & Stuffing with Roast Potatoes & Gravy	Chicken Tikka Masala with Rice & Curry Bread	Battered Fish, Chips, Tomato Sauce
	<b>Vegetarian</b>	Sweet Potato & Lentil Curry served with Rice with curry bread	Vegetable Fajitas with Rice	Vegetable Wellington with Roast Potatoes & Gravy	Wholemeal Cheese & tomato Pizza with New Potatoes	Red Pepper and Cheese Frittata with Chips
	<b>Side</b>	Sweetcorn Tomato Salad	Sliced Carrots Green Beans	Broccoli and Cauliflower	Tomato & Onion Salad Diced Cucumber	Garden Peas Baked Beans
	<b>Dessert</b>	Mixed Fruit Crumble with Custard Yoghurt Fresh Fruit Salad	Vanilla Shortbread Yoghurt Fresh Fruit Platter	Raisin Flapjack Yoghurt Fresh Fruit Salad	Apple Pie with Custard Yoghurt Fresh Fruit Platter	Carrot & Sultana Cake Fruit and Yoghurt Station