

**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.

# St Georges Menu Autumn 2018

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Sausage in a Hot Dog Bun with Ketchup	Chicken Stir Fry with Noodles	Roast Gammon & Pineapple with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Salmon Fishcake or Fishfingers with Chips
03-Sep	<b>Vegetarian</b>	Quorn Sausage in a Hot Dog Bun with Ketchup	Macaroni Cheese with Garlic Slice	Quorn Roast with Roast Potatoes and Gravy	Margarita Pizza with Baby New Potatoes	Mexican Style Vegetable Wrap with Chips
24-Sep						
15-Oct	<b>Dessert</b>	Jacket Wedges Sweetcorn Green Beans	Garden Peas Cauliflower	Carrot and Swede	Sweet corn with Peppers Broccoli Florets	Baked Beans Garden Peas
12-Nov						
03-Dec		Chocolate Cookie with Yoghurt Fresh Fruit Selection	Carrot & Courgette Cake with Custard Yoghurt Fresh Fruit Selection	WM Mixed Fruit Crumble & Ice Cream Yoghurt Fresh Fruit Selection	Apple & Berry Cobbler with Custard Yoghurt Fresh Fruit Selection	Orange Traybake Yoghurt Fresh Fruit Selection
<b>Week 2</b>	<b>Main</b>	Beef Burger in a Bun with Tomato Sauce Jacket Wedges	Chicken Neapolitan Pasta Bake	Roast Turkey, Stuffing with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Breaded Fish with Chips
10-Sep	<b>Vegetarian</b>	Vegetarian Mince Lasagne Jacket Wedges	Sticky BBQ Quorn with Rice	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Vegetable & Lentil Curry with Rice	Wholemeal Cheese & Tomato Quiche with Chips
01-Oct						
22-Oct	<b>Dessert</b>	Green Beans Sweet corn	Peas Cauliflower	Broccoli Carrots	Mixed Vegetables	Baked Beans Garden Peas
19-Nov						
10-Dec		Pineapple Loaf Yoghurt Fresh Fruit Selection	Eves Pudding with Custard Yoghurt Fresh Fruit Selection	Rice Pudding with Berries Yoghurt Fresh Fruit Selection	Oaty Peach Crumble with Custard Yoghurt Fresh Fruit Selection	Chocolate Rock Cake Yoghurt Fruit Selection
<b>Week 3</b>	<b>Main</b>	WM Ham Pizza with Baby New Potatoes	Minced Beef Pie with Mash	Roast Chicken ,Stuffing with Roast Potatoes and Gravy	BBQ Chicken with Cajun Wedges	MSC Battered Fish with Chips
17-Sep	<b>Vegetarian</b>	Cheese & Tomato Pizza with Baby New Potatoes	Shepherdess Pie	Vegetable Pastry Parcel with Roast Potatoes and Gravy	Five Bean Chilli with Rice	Red Pepper Frittata with Vegetable Cous cous
08-Oct						
05-Nov	<b>Dessert</b>	Garden Peas Coleslaw	Green Beans Sweetcorn	Savoy Cabbage Carrot & Swede	Broccoli Sweetcorn	Baked Beans Garden Peas
26-Nov						
17-Dec		Mandarin Upside Down Cake Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks	Chocolate Sponge with Custard Yoghurt Fresh Fruit Salad	Lemon Drizzle Traybake Yoghurt Fruit Selection

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

