

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 Giles Summer Menu 2017

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Sausages with Mashed Potatoes and Gravy	Macaroni Pastitsio with Garlic Bread	Roast Beef with Roast New Potatoes & Gravy	BBQ Chicken with Rice	Salmon Fish Finger / Fishcakes with Chips Tomato Sauce
	Vegetarian	Vegetarian Sausage with Mashed Potatoes and Gravy	Spinach & Tomato Quiche with Baby New Potatoes	Creamy Vegetable Wholemeal Pie with Roast Potatoes & Gravy	Lentil & Vegetable Curry and Rice	French Bread Pizza with Chips Potatoes
	Dessert	Carrots Garden Peas Low Sugar Apple & Vanilla Crumble with Custard Yoghurt Fresh Fruit Platter	Broccoli Sweet corn Banana Wholemeal Loaf with Custard Yoghurt Fresh Fruit Salad	Fresh Mixed Seasonal Vegetables Iced Sponge Yoghurt Fresh Fruit Platter	Mixed Peppers & Green Beans Chocolate Mandarin Sponge with Choc Sauce Yoghurt Fresh Fruit Salad	Baked Beans Garden Peas Fresh Fruit Salad Yoghurt
Week 2	Main	Chicken & Broccoli Pasta	Beef Burger in a Bun with Salad and Baked Wedges	Roast Chicken & Stuffing with Roast Potatoes & Gravy	Spaghetti Bolognaise	Battered Fish Chips, Tomato Sauce
	Vegetarian	Mixed Vegetable Risotto	Wholemeal Vegetable Pasta Bake	Lentil & Vegetable Quorn Roast with Roast Potatoes & Gravy	Vegetable Fajitas and Rice	Cheese, Tomato and Spinach Quiche with Chips
	Dessert	Garden Peas & Sweetcorn Mix Cherry Sponge & Ice-Cream Yoghurt Fresh Fruit Salad	Carrots Coleslaw Carrot & Courgette Cake with Custard Yoghurt Fresh Fruit Platter	Fresh Mixed Seasonal Vegetables Low Sugar Fruit Jelly Yoghurt Fresh Fruit Salad	Broccoli Sweet corn Low Sugar Apple & Berry Strudel with Custard Yoghurt Fresh Fruit Platter	Baked Beans Garden Peas Fruit Smoothie Yoghurt Fresh Fruit Salad
Week 3	Main	Ham and Pineapple Pizza with Baby New Potatoes	Meat balls in Tomato Sauce with Wholemeal Pasta	Roast (as advertised) with Roast New Potatoes & Gravy	Chicken Chow Mein with Noddle's	Fishwich with Chips, Tomato Sauce
	Vegetarian	Spanish Omelette with Baby New Potatoes	Potato and Courgette Layer Bake with Jacket Potato	Vegetarian Wellington with Roast Potatoes & Gravy	Macaroni Cheese with Tomato topping	Homemade Vegetable and Lentil Burger with Chips
	Dessert	Sweetcorn and Mixed Peppers Mixed Salad Apple Sponge with Custard Yoghurt Fresh Fruit Salad	Cabbage and Carrots Fruit Yoghurt Fresh Fruit Platter	Fresh Mixed Seasonal Vegetables Low Sugar Fruit Jelly & Ice Cream Yoghurt Fresh Fruit Salad	Broccoli and Cauliflower Pineapple Upside Down Cake Yoghurt Fresh Fruit Platter	Garden Peas Baked Beans Pear & Ginger Muffin 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