Soil Association FOOD FOR LIFE
SILVER CATERING

UNLIMITED ACCESS TO OUR SALAD BAR WITH 3 TO 6 ITEMS TO CHOOSE FROM AVAILABLE DAILY!

All of our cheese is **RED TRACTOR**, which means it can be traced from farm gate to school plate! ASSURED FOOD STANDARDS

All of our eggs are **FREE RANGE**. We use them in lots of our cakes, quiches and other homemade dishes! EGGS

Main Meal Options
- Meat
- Halal *
- Vegetarian
- Alternative
- * at school's discretion

Week One

WEEK COMMENCING: 29 AUG, 19 SEP, 10 OCT, 7 NOV, 28 NOV, 19 DEC, 2 JAN, 23 JAN, 20 FEB, 13 MAR

Monday	Chicken Curry *Makhani chicken curry with wholegrain rice*	Sweetcorn & Broccoli
	Jacket Potato with Cheese *Baked potato topped with cheese*	Toffee Apple Crumble & Custard
	Penne Pasta with Tomato Sauce *Homemade Italian tomato sauce & organic pasta*	
Tuesday	Pasta Bolognese *Homemade lamb bolognese sauce with pasta*	Carrots & Green Beans
	Shepherdess Pie *Quorn & vegetable pie topped with mashed potato*	Jelly & Mandarins
	Mexican Rice Wrap *Mexican spiced rice & vegetables in a tortilla*	
Wednesday	Roast Turkey *Roast turkey with sage & onion stuffing & gravy*	Green Cabbage & Mashed Carrot and Swede
	Vegetarian Meatloaf *Veggie mince roast, sage & onion stuffing & gravy*	Chocolate & Vanilla Sponge & Chocolate Sauce
	Vegetable Burrito *Beans & vegetables in a wrap topped with cheese*	
Thursday	Vegetable Curry *Spiced chickpea, lentil & potato curry & wholegrain rice*	Roast Mediterranean Vegetables & Sweetcorn
	Margherita Pizza *Tomato & spinach sauce on a wholemeal base*	
	Jacket Potato with Baked Beans *A classic combination & healthy favourite*	MEAT FREE THURSDAY Apple Strudel & Custard
Friday	Herb Crumbed Fish *Herby baked fish with chips or sweet potato wedges*	Baked Beans & Peas
	Tomato and Cheese Quiche *Homemade cheddar cheese & fresh tomato quiche*	Banana & Date Muffin
	Cheese and Vegetable Wrap Roast *Mediterranean vegetables & cheese in a tortilla*	

DON'T FANCY THE DESSERT ON THE MENU? CHOOSE FROM A SELECTION OF FRESH FRUIT & ORGANIC YOGHURTS

Week Two

WEEK COMMENCING: 5 SEP, 26 SEP, 17 OCT, 14 NOV, 5 DEC, 9 JAN, 30 JAN, 27 FEB, 20 MAR

Monday	Lamb Biryani *Lamb cooked with spices & rice*	Spinach and Potato & Carrots
	Macaroni Cheese *Classic macaroni pasta baked in a cheesy sauce*	Mixed Berry Sponge & Custard
	Cheese & Tomato Tart *Homemade tart with cheese, tomato & basil*	
Tuesday	Chicken Sausages *Chicken sausages with mashed potato & gravy*	Cauliflower & Broccoli
	Vegetarian Sausages *Quorn sausages with mashed potato & gravy*	Lemon Shortbread
	Salmon Pasta Bake *Salmon, sweetcorn & pasta in a béchamel sauce*	
Wednesday	Roast Lamb *Roast Lamb, Yorkshire pudding, roast potatoes & gravy*	Green Beans & Honey Roast Root Vegetables
	Roast Soya Fillet Strips *Tender soya fillets with gravy & roast potatoes*	Apple Crumble & Custard
	Vegetable Chow Mein *Stir fried oriental vegetables & noodles*	
Thursday	Butternut Squash Pasta Bake *Baked butternut squash in tomato sauce with pasta*	Roast Mediterranean Vegetables & Sweetcorn
	Veggie Pizza *Wholemeal pizza base with red onion & cheese*	MEAT FREE THURSDAY Eve's Pudding & Custard
	Spicy Vegetable Wrap *Tortilla wrap with roasted Mediterranean vegetables*	
Friday	Fish Fingers *Baked fish fillet fingers in breadcrumbs & chips or pasta*	Baked Beans & Peas
	Vegetable Bean Chilli *Mexican spiced mixed beans & vegetables*	Frozen Toffee Yoghurt
	Vegetable Crumble *Mixed vegetables, beans, cheese & a crumbly topping*	

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org
Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery
MSC-C-50236

Week Three

WEEK COMMENCING: 12 SEP, 3 OCT, 31 OCT, 21 NOV, 12 DEC, 16 JAN, 6 FEB, 6 MAR, 27 MAR

Monday	Beef Lasagne *Classic lasagne served with homemade garlic bread*	Broccoli & Carrots
	Vegetarian Lasagne *Veggie mince lasagne with homemade garlic bread*	Apricot Flapjack
	Jacket Potato with Tuna Mayo *Tuna & sweetcorn mayonnaise on a baked potato*	
Tuesday	Lamb Meatballs *Lightly spiced lamb meatballs with penne pasta*	Cauliflower & Green Beans
	Vegetable Curry *Lentil & sweet potato curry with wholegrain rice*	Jelly & Mandarins
	Cheese & Onion Melt *Wholegrain baguette topped with cheese & onion*	
Wednesday	Roast Chicken *Roast chicken breast with roast potatoes & gravy*	Red Cabbage & Roasted Carrot
	Tortilla Stack *Tortillas layered with roast peppers & cheese*	Peach Crumble & Custard
	Curried Vegetable Pasty *Homemade pasty with a curried vegetable filling*	
Thursday	Jacket Potato with BBQ Beans *Homemade barbecue beans on a baked potato*	MEAT FREE THURSDAY Sweetcorn & Cauliflower
	Vegetable Pizza *Wholemeal pizza with red pepper & sweetcorn*	Parsnip Marmalade Cake
	Vegetarian Bolognese *Quorn mince bolognese sauce with spaghetti*	
Friday	Battered Fish *Fish fillet in light batter & chips or sweet potato wedges*	Baked Beans & Peas
	Quorn Stir Fry *Crisp stir fried mixed vegetables & Quorn pieces*	Fruit Salad with Honey Yoghurt
	Vegetable Tart *Roast vegetables in a homemade pastry case*	

Our Yeo Valley yoghurts are **ORGANIC**! We love Yeo because they support **BRITISH** farmers and local wildlife.

CHILLED DRINKING WATER IS ALWAYS AVAILABLE

All our meat is **RED TRACTOR, FREE RANGE OR ORGANIC!**

We think that **BRITISH SEASONAL** food is fresh, tasty and nutritious. Some of our favourites this season are carrots, cabbage, onions, broccoli, swede & beetroot!

A DAILY CHOICE OF FRESH WHOLEMEAL & ORGANIC WHITE CRUSTY BREAD