

## Example of lunch menu from Caterlink. (This is not the present menu.)

**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.

GCC- Eastington

caterlink  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 02.09.2019 23.09.2019 14.10.2019 11.11.2019 02.12.2019	<b>Main</b>	Cheese & Tomato Pizza	Sausages & Mash	Roast Chicken and Stuffing with Roast Potatoes and Gravy	Chicken Pasta Bake	MSC Fish Fingers with Chips
	<b>Vegetarian</b>	Quorn Sausage with Potato Wedges	Quorn Chilli with Rice	Quorn Roast fillet with Roast Potatoes and Gravy	Vegetable Cottage Pie with Gravy	Spinach & Tomato Quiche with Chips
	<b>Jacket pot Soup</b>	<b>Jacket Potato with Beans</b>	<b>Tomato Soup with ½ filled baguette</b>	<b>Jacket Potato with Tuna</b>	<b>tomato Soup with ½ filled baguette</b>	<b>Jacket Potato with Cheese</b>
		sweetcorn Mixed salad	Broccoli Sweetcorn	Cauliflower Carrot	White Cabbage Sweetcorn	Baked Beans sweetcorn
	<b>Dessert</b>	<b>sponge &amp; Custard</b>	Iced Sponge	Chocolate Shortbread	Apple Crumble with Custard	Apple, Cheese and Biscuits Fruit and Yoghurt
Week 2 09.09.2019 30.09.2019 21.10.2019 18.11.2019 09.12.2019	<b>Main</b>	Cheese & tomato Pizza	Cottage Pie with Gravy No peas/lentils	Roast Gammon with Roast Potatoes and Gravy	Chicken Tagine with Couscous	MSC Fish in breadcrumbs with Chips
	<b>Vegetarian</b>	Vegetable Tagine with Couscous No chickpeas	Vegetarian Quorn Spaghetti Bolognese	Quorn Roast fillet with Roast Potatoes and Gravy	Macaroni Cheese	Red Pepper Frittata
	<b>Jacket pot Soup</b>	<b>Jacket Potato with Beans</b> Carrots Green Beans	<b>Tomato soup with ½ filled baguette</b> sweetcorn Cauliflower	<b>Jacket Potato with Tuna</b>	<b>tomato Soup with ½ filled baguette</b>	<b>Jacket Potato with Cheese</b>
				White Cabbage Swede	Sweetcorn Green Beans	Baked Beans sweetcorn
	<b>Dessert</b>	Fruit Crumble with Custard	<b>Chocolate &amp; Beetroot Brownie</b>	Carrot Cake	Ginger Sponge with Custard	Apple, Cheese and Biscuits Fruit and Yoghurt
Week 3 16.09.2019 07.10.2019 04.11.2019 25.11.2019 16.12.2019	<b>Main</b>	Cheese & tomato Pizza	Chicken, Pie with Mashed Potato No peas	Roast Pork with Roast Potatoes and Gravy	Spaghetti Bolognese with Garlic Bread No lentils	MSC Fish in Batter with Chips
	<b>Vegetarian</b>	Quorn Burger with New Potatoes	Vegetable Curry with Rice No peas/lentils	Quorn Roast Fillet with Roast Potatoes and Gravy	<b>Cheese &amp; Pepper Whirl</b>	Vegetable Pasta Bake No peas
	<b>Jacket Pot Soup</b>	<b>Jacket Potato with Beans</b>	<b>Tomato Soup with ½ filled baguette</b>	<b>Jacket Potato with Tuna</b>	<b>tomato Soup with ½ filled baguette</b>	<b>Jacket Potato with Cheese</b>
		sweetcorn Carrots	Sweetcorn Green Beans	Carrots Broccoli	Sweetcorn Cabbage	Baked Beans sweetcorn
			Orange Drizzle Cake	Chocolate and Mandarin	Apple, Cheese and Biscuits	

FOOD FOR LIFE