

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.

Bedford Menu Autumn 2018

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Sausage pasta bake + Garlic Bread	Chicken and ginger stir fry with noodles	Roast gammon with roast potatoes and gravy	Chicken tikka with rice	MSC Salmon Fish fingers/ Fishfingers with chips
03-Sep	Vegetarian	Vegetarian butterbean risotto	Shepardess pie New potatoes	Quorn roast with roast Potatoes and gravy	Macaroni cheese and garlic bread.	Vegetable Enchiladas Rice
24-Sep						
15-Oct						
12-Nov						
03-Dec		Baked Tomatoes Peas	Peppers Green Beans	Swede Mash Carrots	Sweet corn Broccoli	Baked Beans Garden Peas
	Dessert	Wholemeal apple crumble & custard Yoghurt Fresh Fruit Platter	Carrot and courgette cake and custard Yoghurt Fresh Fruit Salad	Cheese apple and biscuits Yoghurt Fresh Fruit Platter	Yoghurt Pear and Ginger muffin Fresh Fruit Salad	Yoghurt and fruit platter Chocolate coco cookie
Week 2	Main	Spaghetti beef bolognaise	Chicken and cheese pizza. Potato wedges	Roast Turkey and stuffing balls. with Roast Potatoes and Gravy	Beef Meatballs in Tomato sauce with Rice	MSC Breaded Fish with Chips
10-Sep	Vegetarian	Soya Mince Lasagne Jacket Wedges	Lentil and sweet potato curry and rice.	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Chickpea Aloo Chaat with Rice	Wholemeal Cheese & Tomato Quiche with Chips
01-Oct						
22-Oct						
19-Nov						
10-Dec		Coleslaw Sweet corn	Green beans Carrots	Broccoli Cauliflower	Roasted mixed vegetable Peas and sweetcorn.	Baked beans Garden Peas
	Dessert	Eves pudding with custard Yoghurt Fresh fruit platter	Oaty cookie Yoghurt Fresh fruit chunks	Wholemeal fruity shortbread. Yoghurt Fresh Fruit Salad	Peach upside down cake Yoghurt Fresh fruit platter	Yoghurt and Fruit Platter Chocolate and banana oaty square.
Week 3	Main	Chicken and broccoli wholemeal paste bake Garlic bread	Cottage Pie with Gravy New potatoes	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips
17-Sep	Vegetarian	Five Bean Chilli with Rice	Vegetable and apricot Tagine, with lemon and mint Cous cous.	Vegetable Wellington with Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Wholemeal Cheese & Tomato Pizza with Chips
08-Oct						
05-Nov						
26-Nov						
17-Dec		Garden peas Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Baked Beans Garden Peas
	Dessert	Mandarin Upside down cake Yoghurt Fresh Fruit Platter	Fruit crumble and custard. Yoghurt Fresh Fruit Salad	Rice pudding with mixed berries Yoghurt Fresh Fruit Chunks	Apple and raisin flap jack. Yoghurt Fresh Fruit Salad	Chocolate drizzle Yoghurt and Fruit Station