

**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.

Lanesend IOW  
Spring 2019

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>  7 <sup>th</sup> Jan 28 <sup>th</sup> Jan 25 <sup>th</sup> Feb 18 <sup>th</sup> Mar	<b>Main</b>	Beef Burgers in a Bun with New Potatoes	Chicken and Tomato Pasta	Roast Turkey with Roast Potatoes & Gravy	Chicken & Leek Pie with Mash	Fish Fingers with Chips and Tomato Sauce
	<b>Vegetarian</b>	Quorn Burger in a Bun with New Potatoes	Creamy Broccoli Pasta Bake	Cheese & Pepper Whirl with Roast Potatoes	Quorn Sweet Potato Curry with rice	Glamorgan Sausage with Chips
	<b>Vegetables</b>	Sweetcorn Peas	Sweetcorn Green Beans	Carrots & Swede mash	Broccoli Mixed Peppers	Baked Beans Garden Peas
	<b>Dessert</b>	Apple & Strawberry Pie with Custard	Lemon Drizzle Cake	Oaty Cookie	Pineapple Upside down Cake with Custard	Yoghurt and Fruit Station
<b>Week 2</b>  14 <sup>th</sup> Jan 4 <sup>th</sup> Feb 4 <sup>th</sup> Mar 25 <sup>th</sup> Mar	<b>Main</b>	Hot Dogs with Tomato Sauce and Wedges	Chicken Curry with Rice	Roast Pork with Roast Potatoes & Gravy	Spaghetti Bolognese	Battered Fish with Chips and Tomato Sauce
	<b>Vegetarian</b>	Veggie Hot Dog with Tomato Sauce and Wedges	Lentil and Vegetable Curry with Rice	Quorn Roast With Roast Potatoes and Gravy	Macaroni Cheese	Cheese Tomato & Spinach Frittata with Chips
	<b>Vegetables</b>	Sweetcorn Broccoli	Broccoli Carrots	Cabbage Green Beans	Peppers Sweetcorn	Baked Beans Garden Peas
	<b>Dessert</b>	Banana Sponge & Custard	Chocolate Shortbread	Apple, Cheese and Biscuits	Mixed Fruit Crumble & Custard	Yoghurt and Fruit Station
<b>Week 3</b>  21 <sup>st</sup> Jan 11 <sup>th</sup> Feb 11 <sup>th</sup> Mar 1 <sup>st</sup> Apr	<b>Main</b>	Chilli with Rice	Cheese & Tomato Pizza with Wedges	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	Salmon Fish Fingers /Fish Fingers Chips and Tomato Sauce
	<b>Vegetarian</b>	Quorn Chilli with Rice	Vegetable Pizza with Wedges	Vegetable Sausage Roll With Roast Potatoes and Gravy	Quorn Vegetable Lasagne with Garlic Bread	Macaroni Cheese
	<b>Vegetables</b>	Roasted Vegetable Medley	Sweetcorn Green Beans	Shredded Cabbage Carrots	Broccoli Cauliflower	Baked Beans Garden Peas
	<b>Dessert</b>	Chocolate and Mandarin Brownie	Oaty Apple Crumble & Custard	Peaches & Ice Cream	Lemon & Mixed Berry Cake	Yoghurt & Fruit Station

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