

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.

Burdett-Coutts & Townsend Menu April - October 2018

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			Monday	Tuesday	Wednesday	Thursday	Friday
16/04/2018 07/05/2018 18/06/2018 09/07/2018 03/09/2018 24/09/2018 15/10/2018	Week 1	Main	Sausages * with Mash & Gravy	Chilli con Carne with Rice	Roast Chicken with Stuffing Roast Potatoes and Gravy	Mediterranean Chicken with Spaghetti	Salmon Fish Finger / Fish Fingers, Chips and Homemade Tomato Sauce
		Vegetarian	Quorn Sausages & Mash with Gravy	Sweet & Sour Quorn & Vegetables with Noodles	Lentil and Basil Puff Pastry Turnover with Roast Potatoes	Vegetable and Apricot Tagine with Lemon and Mint Couscous	Cheese, Onion and Spinach Quiche with Chips
			Carrots Cauliflower	Sweetcorn Roast Butternut Squash	Carrots Green Beans	Mixed Peppers & Broccoli	Baked Beans Garden Peas
		Dessert	Sliced Cheese, Apple and Biscuits Organic Fruit Yoghurt Fresh Fruit Platter	Chocolate and Beetroot Brownie with Milk Organic Fruit Yoghurt Fresh Fruit Platter	Wholemeal Peach Crumble with Custard Organic Fruit Yoghurt Fresh Fruit Platter	Apple Pie with Custard Organic Fruit Yoghurt Fresh Fruit Platter	Pear and Raisin Cake with Milk Organic Fruit Yoghurt Fresh Fruit Platter
23/04/2018 14/05/2018 04/06/2018 25/06/2018 16/07/2018 10/09/2018 01/10/2018	Week 2	Main	Sweet and Sour Chicken with Noodles	Jollof Chicken with Rice	Roast Beef with, Roast Potatoes and Gravy	Spaghetti Bolognese with Garlic Bread	Breaded Fish Chips, Homemade Tomato Sauce
		Vegetarian	Macaroni Cheese	Wholemeal Cheese and leek Quiche	Homemade Quorn Roast with Roast New Potatoes	Vegetable Lasagne, Garlic Bread	Spicy Bean Burger with Chips
			Roasted Peppers & Sweetcorn Mix	Green Beans Carrots	Carrots Cauliflower	Broccoli Butternut Squash	Baked Beans Garden Peas
		Dessert	Berry and Apple Cobbler with Custard Organic Fruit Yoghurt Fresh Fruit Platter	Lemon and Mixed Berry Cake with Berries and Milk Organic Fruit Yoghurt Fresh Fruit Platter	Eves Pudding with Custard Organic Fruit Yoghurt Fresh Fruit Platter	Chocolate Mandarin Sponge with Choc Sauce Organic Fruit Yoghurt Fresh Fruit Platter	Carrot and Courgette Cake with Milk Organic Fruit Yoghurt Fresh Fruit Platter
30/04/2018 21/05/2018 11/06/2018 02/07/2018 17/09/2018 08/10/2018	Week 3	Main	Cajun Spiced Chicken (with New Potatoes)	Chicken Tikka with Rice	Roast Chicken with Stuffing Roast Potatoes and Gravy	Jamaican Beef with Rice & Beans	Fish in Batter, Chips, Homemade Tomato Sauce
		Vegetarian	Wholemeal Vegetable Pasta Bake	Lentil & Sweet Potato Curry with Rice	Vegetable Chilli Soya Mince with Rice	Vegetable and Leek Pie (with Mashed Potato)	Cheese and Tomato Pizza with Chips
			Mixed Peppers & Carrots	Sweetcorn Green Beans	Carrots Broccoli	Cabbage Cauliflower	Garden Peas Baked Beans
		Dessert	Apple Crumble with Custard Organic Fruit Yoghurt Fresh Fruit Platter	Pineapple Cake with Custard Organic Fruit Yoghurt Fresh Fruit Platter	Apple Flapjack with Milk Organic Fruit Yoghurt Fresh Fruit Platter	Peach Upside Down Cake with Custard Organic Fruit Yoghurt Fresh Fruit Platter	Pear and Ginger Muffin with Milk Organic Fruit Yoghurt Fresh Fruit Platter



*Halal Sites – Chicken Sausage
All other Sites – School Selection

Available Daily)
Bread freshly baked on site daily
Daily salad selection
Fresh fruit and Organic Fruit Yoghurt

Daily Menu Offer

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Each day Caterlink provide a balanced menu choice for children at your school.

They have the choice from the following each day

Main course which is either a vegetarian, meat or fish

With

Carbohydrate such as potato, rice or pasta

And

Two vegetables which they can have as much as they like

In addition they also have available

Free flowing salad bar, and homemade bread.

Dessert is as advertised or fresh fruit and yogurt