

**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.

# St. Stephens Gold Menu Autumn 2019

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>  02/09/2019 22/09/2019 14/10/2019 04/11/2019 25/11/2019 16/12/2019	<b>Main</b>	Pork Sausage in a Hot Dog Roll with Potato Wedges	Macaroni Cheese	Roast Chicken and Stuffing with Roast Potatoes and Gravy	Chicken Arrabiata Pasta	MSC Fishfingers/ Salmon Fishfingers with Chips
	<b>Vegetarian</b>	Quorn Sausage in a Hot Dog Roll with Potato Wedges	Lentil and Sweet Potato Curry with Rice	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Vegetable Wholemeal Pasta Bake	Cheese and Onion Quiche with Chips
		Sweetcorn Coleslaw	Green Beans Carrots	Cauliflower Broccoli	Roasted Mixed Vegetables	Baked Beans Peas
	<b>Dessert</b>	Orange Drizzle Cake	Carrot and Courgette Cake with Custard	Oaty Cookie	Apple Crumble with Custard	Fruit and Yoghurt Station
<b>Week 2</b>  09/09/2019 30/09/2019 21/10/2019 11/11/2019 02/12/2019	<b>Main</b>	Cheese and Tomato Pizza with New Potatoes	50% Plant Based Cottage Pie with Gravy	Roast Gammon with Roasted New Potatoes and Gravy	Chicken Tagine with Rice	MSC Breaded Fish with Chips
	<b>Vegetarian</b>	Quorn Burger with New Potatoes	Shepherdess Pie with Gravy	Quorn Fillet with Roasted New Potatoes and Gravy	Vegetable Tagine with Rice	Red Pepper and Cheese Frittata
		Sweetcorn Green Beans	Peas Cauliflower	Cabbage Carrots	Sweetcorn Tomato and Onion Salad	Baked Beans Peas
	<b>Dessert</b>	Wholemeal Pear Crumble with Custard	Chocolate Shortbread	Apple Flapjack	Eves Pudding with Custard	Fruit and Yoghurt Station
<b>Week 3</b>  16/09/2019 07/10/2019 28/10/2019 18/11/2019 09/12/2019	<b>Main</b>	Spaghetti Bolognaise	50% Plant Based Chicken, Lentil and Gravy Pie with Mashed Potato Topping	Roast Turkey with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Fish in Batter with Chips
	<b>Vegetarian</b>	Vegetarian Soya Spaghetti Bolognaise	Creamy Vegetable Pie with Mashed Potato and Gravy	Vegetarian Wellington with Roast Potatoes and Gravy	Roasted Cauliflower Curry with Rice	Five Bean Chilli with Rice
		Peas Carrots	Sweetcorn Broccoli	Fresh Mixed Seasonal Vegetables	Sweetcorn Green Beans	Baked Beans Peas
	<b>Dessert</b>	Banana Loaf with Custard	Rice Pudding with Mixed Berries	Apple, Cheese and Biscuits	Chocolate and Mandarin Sponge Brownie	Fruit and Yoghurt Station



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