

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.

Simon Marks Menu Autumn 2019

caterlink
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 02/09 23/09 14/10 11/11 02/12	Main	Chicken Pasta Bake	Beef Stew with Roast Rice	Roast Chicken with Roast Potatoes and Gravy	Shepherd's Pie	MSC Fishfingers with Chips
	Vegetarian	Vegetable Pasta Bake	Five Bean Chilli with 50/50 Rice	Parsnip and Sweet Potato loaf with Roast Potatoes and Gravy	Shepherdess (Soya) Pie with Gravy	Tomato Ariabata
		Sweetcorn Green Beans	Green Beans Carrots	Cauliflower Broccoli	Roasted Mixed Vegetables	Baked Beans Peas
	Dessert	Orange Drizzle Cake	Carrot and Courgette Cake	Fresh Fruits	Apple Crumble with Custard	Fruit Jelly
Week 2 09/09 30/09 28/10 18/11 09/12	Main	Spaghetti Bolognese	50% Plant Bake Cottage Pie with Gravy	Roast Turkey Roast Potatoes and Gravy	Chicken Tagine with Rice	Battered Fish with Chips
	Vegetarian	Vegetable and Lentil Bolognese	Vegetarian Pie	Chick pea Aloo Chaat	Lentil and Sweet Potato Curry with Rice	Vegetable Pasty with Chips
		Swede Green Beans	Peas Cauliflower	Carrots Peas	Sweetcorn Broccoli	Baked Beans Peas
	Dessert	Wholemeal Pear Crumble with Custard	Chocolate Shortbread	Fresh Fruits	Iced Sponge	Fresh Fruits
Week 3 16/09 07/10 04/11 25/11 16/12	Main	Beef Meatballs with Rice	Chicken, Lentil and Gravy Pie with Mashed Potato Topping	Roast Brown Chicken Stew with Roast Potatoes and Gravy	Beef Goulash with New Potatoes	MSC Fishfingers with Chips
	Vegetarian	Three Bean Stew	Creamy Vegetable Pie with Mashed Potato and Gravy	Vegetarian Wellington with Roast Potatoes and Gravy	Vegetable Goulash with New Potatoes	Vegetable Jollof
		Peas Carrots	Sweetcorn Broccoli	Fresh Mixed Seasonal Vegetables	Carrots Green Beans	Baked Beans Peas
	Dessert	Vanilla Shortbread	Rice Pudding with Mixed Berries	Fruit Platter	Chocolate and Mandarin Sponge with Chocolate Sauce	Fresh Fruits



Available Daily

Bread freshly baked on site daily
Daily salad selection