

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.

Food for Life Autumn 2018

caterlink
feeding the imagination

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
03-Sep	Main	Chicken and Ginger Stir Fry with Noodles	Roast Pork with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Salmon Fishcake/ Fishfingers with Chips
24-Sep	Vegetarian	Vegetarian Butterbean Risotto	Quorn Roast with Roast Potatoes and Gravy	Sweet & Sour Vegetables with Noodles	Macaroni Cheese with Garlic Slice
15-Oct		Baked Tomatoes Peas	Carrot and Swede Mash	Sweet corn Broccoli	Baked Beans Garden Peas
12-Nov		Wholemeal Apple Crumble & Custard Yoghurt	Carrot and Courgette Cake & Custard Yoghurt	Apple & Raisin Strudel with Custard Yoghurt	Yoghurt and Fruit Station
03-Dec	Dessert	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Salad	
Week 2					
10-Sep	Main	Beef Meatballs in Tomato Sauce with Rice	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Breaded Fish with Chips
01-Oct	Vegetarian	Soya Mince Lasagne Jacket Wedges	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Chickpea Aloo Chaat with Rice	Wholemeal Cheese & Tomato Quiche with Chips
22-Oct		Coleslaw	Broccoli Cauliflower	Roasted Mixed Vegetables	Baked Beans Garden Peas
19-Nov		Sweet corn	Chocolate & Banana Oaty Square Yoghurt	Oaty Peach Crumble with Custard Yoghurt	Yoghurt and Fruit Station
10-Dec	Dessert	Eves Pudding with Custard Yoghurt	Fresh Fruit Chunks	Fresh Fruit Platter	
Week 3					
17-Sep	Main	Wholemeal Chicken and Red Pepper Pizza	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips
08-Oct	Vegetarian	Five Bean Chilli with Rice	Vegetable Wellington with Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Wholemeal Cheese & Tomato Pizza with Chips
05-Nov		Sweet corn Mixed Peppers	Savoy Cabbage Sweetcorn	Broccoli Tomato Salad	Baked Beans Garden Peas
26-Nov		Mandarin Upside Down Cake Yoghurt	Cheese, Apple and Biscuits Yoghurt	Chocolate Sponge with Chocolate Drizzle Yoghurt	Yoghurt and Fruit Station
17-Dec	Dessert	Fresh Fruit Platter	Fresh Fruit Chunks	Fresh Fruit Salad	

WEST KIDLINGTON PRIMARY SCHOOL



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