

**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.

## Cornwall Menu Autumn 2019

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 26 <sup>th</sup> October 18 <sup>th</sup> November 9 <sup>th</sup> December 13 <sup>th</sup> January 3 <sup>rd</sup> February 2 <sup>nd</sup> March 23 <sup>rd</sup> March	<b>Main</b>	Chicken Pizza with Pasta	Sausage Plait with Mash Potato and Gravy	Roast Chicken and Stuffing with Roast Potatoes and Gravy	Spaghetti Bolognaise with Garlic Bread	MSC Fish in Batter with Chips
	<b>Vegetarian</b>	Cheese and Tomato Pizza with Pasta	Creamy Vegetable Pie with Mash Potato and Gravy	Quorn Fillet and Stuffing with Roast Potatoes and Gravy	Vegetarian Spaghetti Bolognaise with Garlic Bread	Cheese Quiche with Chips
		Peas Sweetcorn	Cauliflower Broccoli	Savoy Cabbage Carrots	Peas Sweetcorn	Baked Beans Peas
	<b>Dessert</b>	Orange Drizzle Cake	Yoghurt and Fruit	Apple Crumble with Custard	Jelly with Fruit	Oaty Cookie
<b>Week 2</b> 4 <sup>th</sup> November 25 <sup>th</sup> December 16 <sup>th</sup> December 20 <sup>th</sup> January 19 <sup>th</sup> February 9 <sup>th</sup> March	<b>Main</b>	Sausage and Mash Potato with Gravy	Mild Chicken Curry with Fluffy Rice	Roast Gammon with Roast Potatoes and Gravy	Macaroni Bolognese with Tomato Bread	MSC Fishfingers or Salmon Fishfingers with Chips
	<b>Vegetarian</b>	Quorn Sausage and Mash Potato with Gravy	Mild Vegetable Curry with Fluffy Rice	Vegetarian Wellington with Roast Potatoes and Gravy	Macaroni Cheese with Garlic Bread	Cheese Whirl with Chips
		Carrots Green Beans	Sweetcorn Broccoli	Cauliflower Carrots	Carrot and Cucumber Sticks Broccoli	Baked Beans Peas
	<b>Dessert</b>	Iced Sponge	Eves Pudding with Custard	Apple Flapjack	Jelly with Fruit	Chocolate Shortbread
<b>Week 3</b> 11 <sup>th</sup> November 2 <sup>nd</sup> December 6 <sup>th</sup> January 27 <sup>th</sup> January 24 <sup>th</sup> February 16 <sup>th</sup> March	<b>Main</b>	Beef Burger in a Bun with Pasta	Cottage Pie with Gravy	Roast Turkey and Stuffing with Roast Potatoes and Gravy	Chicken Lasagne with Garlic Bread	MSC Fishfingers with Chips
	<b>Vegetarian</b>	Quorn Burger in a Bun with Pasta	Shepherdess Pie with Gravy	Quorn Fillet and Stuffing with Roast Potatoes and Gravy	Vegetarian Lasagne with Garlic Bread	Five Bean Chilli with Chips
		Sweetcorn Baked Beans	Broccoli Green Beans	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
	<b>Dessert</b>	Berry and Apple Cobbler with Custard	Carrot Cake	Apple, Cheese and Biscuits	Jelly and Fruit	Vanilla Shortbread



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