

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.

Bettridge Menu Autumn 2017

caterlink
feeding the imagination

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|-------------------|---|---|---|---|--|
| WEEK 1 4.9.17 25.9.17 16.10.17 13.11.17 4.12.17 | Main | Sausages with Mashed Potato and Gravy | Chicken Tikka & Rice | Roast Gammon with Roast Potatoes and Gravy | Organic Beef Mince Cottage Pie | MSC salmon fishcake with Chips |
| | Vegetarian | Vegetable Cottage Pie with Mashed Potato Topping | Sweet & Sour Vegetables with Rice | Vegetable pasty with Roast Potatoes and Gravy | Quorn Sausage with Mashed Potato and Gravy | Roasted Vegetable fajita Wrap |
| | | Jacket Potato with Beans | Jacket Potato with tuna | Jacket Potato with Salmon mayo | Jacket Potato with Beans | Jacket Potato with Cheese |
| | Dessert | Cauliflower Peas | Carrots Green Beans | Savoy Cabbage Swede | Sweet corn Carrots | Baked Beans Garden Peas |
| | | Apple & Vanilla Oaty Crumble with Custard Yoghurt Fresh Fruit Platter | Banana Cake & Custard Yoghurt Fresh Fruit Salad | Chocolate sponge with chocolate icing Yoghurt Fresh Fruit Platter | Apple Cake & Custard Yoghurt Fresh Fruit Salad | Flapjack Yoghurt Fresh Fruit Chunks |
| WEEK 2 11.9.17 2.10.17 30.10.17 20.11.17 11.12.17 | Main | Beef Burger in a bun with Jacket Wedges | Chicken Neapolitan pasta | Roast Turkey with Roast Potatoes and Gravy | Organic Beef Mince Tortilla Stack | MSC Fish Fingers with Chips |
| | Vegetarian | Bean & vegetable Hotpot with Jacket Wedges | Macaroni Cheese with Garlic Slice | Mixed Vegetable Loaf with Roast Potatoes and Gravy | Vegetable Pasta Bolognaise | Cheese & Tomato Quiche with Chips |
| | | Jacket Potato with Beans | Jacket Potato with Tuna | Jacket Potato with Salmon Mayo | Jacket Potato with Beans | Jacket Potato with Cheese |
| | Dessert | Coleslaw Sweet corn | Broccoli Carrots | Carrots Green Beans | Mixed Vegetables | Baked Beans Garden Peas |
| | | Cake with Pineapple on the side & Custard Yoghurt Fresh Fruit Platter | Lemon Mixed Berry cake & Custard Yoghurt Fresh Fruit Chunks | Vanilla Shortbread Fresh Fruit Salad | Eves Pudding with Custard Yoghurt Fresh Fruit Platter | Chocolate Brownie Yoghurt Fresh Fruit Chunks |
| WEEK 3 18.9.17 9.10.17 6.11.17 27.11.17 18.12.17 | Main | BBQ Chicken Pizza with Jacket Wedges | Organic Beef Mince Chilli with Rice | Roast Chicken with Stuffing with Roast Potatoes and Gravy | Organic Beef Mince Pasta Bolognaise | MSC or Battered Fish with Chips |
| | Vegetarian | Vegetable tortilla Stack | Lenfil & Sweet Potato Curry with Rice | Vegetable Wellington with Roast Potatoes and Gravy | Cheese Tomato Pizza with Wedges | Spanish Omelette with Chips |
| | | Jacket Potato with Beans | Jacket Potato with Tuna | Jacket Potato with Salmon Mayo | Jacket Potato with Beans | Jacket Potato with Cheese |
| | Dessert | Sweet corn Peas | Green Beans Glazed carrots | Savoy Cabbage Sweetcorn | Broccoli Mixed Salad | Garden Peas Baked Beans |
| | | Sponge with Pear on the side with Custard Yoghurt Fresh Fruit Platter | Apple Crumble & Custard Yoghurt Fresh Fruit Salad | Chocolate Crunch Yoghurt Fresh Fruit Chunk | Jam Sponge with Custard Yoghurt | Lemon drizzle cake Yoghurt |



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