

**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.

## Silver Menu Autumn 2019

Leavesden  
Green

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> W/C 02/09 23/09 14/10 11/11 02/12 23/12	<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	Fishfingers with Chips
	<b>Vegetarian</b>	Quorn Sausage in a Hot Dog Roll with Potato Wedges	Five Bean Chilli with 50/50 Rice	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Shepherdess Pie with Gravy	Cheese and Onion Quiche with Chips
	<b>Dessert</b>	Sweetcorn Coleslaw  Orange Drizzle Cake	Green Beans Carrots  Carrot and Courgette Cake with Custard	Cauliflower Broccoli  Oaty Cookie	Roasted Mixed Vegetables  Apple Crumble with Custard	Baked Beans Peas  Iced Sponge Fruit and Yoghurt Station
<b>Week 2</b> W/C 09/09 30/09 21/10 188/11 09/12	<b>Main</b>	Cheese and Tomato Pizza with Potato Wedges	Cottage Pie with Gravy	Roast Gammon with Roasted New Potatoes and Gravy	Chicken Tagine with Rice	Breaded Fish with Chips
	<b>Vegetarian</b>	Vegetable Tagine with Couscous  Peppers Baked Beans	Vegetarian Soya Spaghetti Bolognese  Peas Cauliflower	Quorn Fillet with Roasted New Potatoes and Gravy  Cabbage Carrots	Lentil and Sweet Potato Curry with Rice  Sweetcorn Baked Tomatoes	Red Pepper and Cheese Frittata  Baked Beans Peas  Iced Sponge Fruit and Yoghurt Station
	<b>Dessert</b>	Wholemeal Pear Crumble with Custard	Shortbread	Apple Flapjack	Eves Pudding with Custard	
<b>Week 3</b> W/C 16/09 07/10 04/11 25/11 16/12	<b>Main</b>	Spaghetti Bolognese	Chicken, Lentil and Gravy Pie with Mashed Potato Topping	Roast Turkey with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	Fish in Batter with Chips
	<b>Vegetarian</b>	Quorn Burger with Potato Wedges  Peas Carrots	Creamy Vegetable Pie with Mashed Potato and Gravy  Sweetcorn Broccoli	Vegetarian Wellington with Roast Potatoes and Gravy  Fresh Mixed Seasonal Vegetables	Roasted Cauliflower Curry with Rice  Tomato and Onion Salad Green Beans	Vegetable Wholemeal Pasta Bake  Baked Beans Peas  Iced Sponge Fruit and Yoghurt Station
	<b>Dessert</b>	Banana Loaf with Custard	Rice Pudding with Mixed Berries	Apple, Cheese and Biscuits	Mandarin Sponge with Custard Sauce	



Available Daily  
 Freshly cooked jacket potatoes with a choice of fillings (Cheese, Baked Beans or Tuna)  
 Bread freshly baked on site daily  
 Daily salad selection