Soil Association FOOD FOR LIFE
GOLD CATERING

UNLIMITED ACCESS TO OUR SALAD BAR WITH 3 TO 6 ITEMS TO CHOOSE FROM AVAILABLE DAILY!

All of our cheese is RED TRACTOR, which means it can be traced from farm gate to school plate!

All of our eggs are FREE RANGE. We use them in lots of our cakes, quiches and other homemade dishes!

EGGS

Free Range Chicken FR
Organic Beef O
MSC Certified
Homemade HM

# Week One

WEEK COMMENCING: 5TH SEP / 26TH SEP / 17TH OCT / 14TH NOV / 5TH DEC

| | | |
|---|---|---|
| Monday | Makhani Chicken Curry FR HM<br>*Lightly spiced chicken curry with wholegrain rice* | Carrots & Green Beans |
| | Jacket Potato with Vegetable & Mixed Bean Chilli & Cheese HM | Courgette & Lemon Cake<br>*Zesty homemade sponge with lemons & British courgettes* |
| Tuesday | Cottage Pie O HM<br>*Organic beef mince & gravy topped with mash* | Roasted Vegetables, White Cabbage & Spinach |
| | Shepherdess Pie HM<br>*Vegetarian mince topped with parsnip mash* | Apple Crumble<br>*Homemade oaty crumble with organic apples & custard* |
| Wednesday | Roast Lamb HM<br>*Roast lamb, gravy & crispy roast or new potatoes* | Honey Roast Parsnips & Carrots |
| | Macaroni Cheese HM<br>*Creamy mac & cheese with sweetcorn & chives* | Banana & Date Muffin<br>*Homemade muffin with organic bananas & sweet dates* |
| Thursday | Lamb Meatballs HM<br>*Meatballs in tomato sauce with penne pasta & cheese* | Sweetcorn & Broccoli |
| | Chana Masala Wrap HM<br>*Chickpeas, rice, herbs & spices in a wrap with wedges* | Fruit Flapjack<br>*Homemade flapjack with sultanas & apple* |
| Friday | Salmon or White Fish Fingers<br>*Baked fish in a crisp crumb coating with oven chips* | Garden Peas, Green Beans & Baked Beans |
| | Beany Ratatouille HM<br>*Rich tomato sauce, vegetables & beans with oven chips* | Apple & Berry Sponge<br>*Homemade sponge with berries & organic apples & custard* |

DON'T FANCY THE DESSERT ON THE MENU? CHOOSE FROM A SELECTION OF FRESH FRUIT & ORGANIC YOGHURTS

# Week Two

WEEK COMMENCING: 12TH SEP / 3RD OCT / 31ST OCT / 21ST NOV / 12TH DEC

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| Monday | Sausages & Mash<br>*British pork sausages with mashed potatoes & gravy* | Carrots & Green Beans |
| | Vegetarian Sausage & Mash<br>*Quorn sausages with mashed potatoes & gravy* | Eve's Pudding<br>*Homemade pear & chocolate pudding & custard* |
| Tuesday | Savoury Beef O HM<br>*Savoury minced beef & vegetables & wholegrain rice* | Honey Roast Parsnips & Spinach |
| | Bubble & Squeak Frittata HM<br>*A mix of carrots, cabbage, cheese & potato wedges* | Fruit Salad<br>*Freshly prepared fruit salad with honey yoghurt* |
| Wednesday | Roast Turkey HM<br>*Roast turkey, gravy & crispy roast or new potatoes* | Cauliflower & Roasted Root Vegetables |
| | Loaded Macaroni Cheese HM<br>*Creamy mac & cheese topped with ratatouille* | Beetroot Brownie<br>*Homemade brownie flavoured with cocoa & grated beetroot* |
| Thursday | Shepherd's Pie HM<br>*Lamb mince & gravy topped with sweet potato mash* | Carrots & Sweetcorn |
| | Vegetable Tagine with Wholegrain Rice HM<br>*Spiced seasonal vegetables with apricots & sultanas* | Frozen Yoghurt<br>*Individual tub of creamy toffee flavoured frozen yoghurt* |
| Friday | Fish & Chips<br>*Baked fillet of fish in a crumb coating with oven chips* | Broccoli & Baked Beans |
| | Spanish Quorn Paella HM<br>*Quorn, peppers, onions & rice with garlic & paprika* | Pear & Sultana Strudel<br>*Juicy pear & sultanas in homemade pastry with custard* |

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org
Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery
MSC-C-50236

# Week Three

WEEK COMMENCING: 19TH SEPT / 10TH OCT / 7TH NOV / 28TH NOV /19TH DEC

| | | |
|---|---|---|
| Monday | Cape Malay Chicken Curry FR HM<br>*Coriander, cumin & ginger chicken with wholegrain rice* | Cauliflower, Green Beans & Butternut Squash |
| | Tuscan Bean & Butternut Risotto HM<br>*Lightly spiced butternut squash, mixed beans & rice* | Chocolate & Berry Sponge<br>*Homemade chocolate & berry sponge & custard* |
| Tuesday | Homemade Beef Lasagne O HM<br>*Classic lasagne served with homemade garlic bread* | Roast Mediterranean Vegetables & Carrots |
| | Roasted Vegetable Lasagne HM<br>*Peppers, onions & courgette layered with pasta* | Orange & Carrot Muffin<br>*Homemade muffin with zesty orange & British grown carrots* |
| Wednesday | Roast Gammon HM<br>*Roasted gammon served with crispy roast potatoes* | Braised Red Cabbage & Broccoli |
| | Sweet Potato & Chickpea Curry HM<br>*Twice baked sweet potatoes with curried chickpeas* | Fruit Salad<br>*Freshly prepared fruit salad with honey yoghurt* |
| Thursday | Lamb Pasta Bolognese HM<br>*Lamb mince in bolognese sauce served with penne* | Garlic Green Beans & Courgettes |
| | Leek & Cheddar Tart HM<br>*British leeks & cheese in a wholemeal pastry base* | Fruity Flapjack<br>*Homemade apricot, sultana & pineapple flapjack* |
| Friday | Fish & Chips<br>*Baked fillet of fish in a light batter with oven chips* | Baked Beans & Garden Peas |
| | Vegetable Burger & Chips HM<br>*Patty of chickpeas, pepper & coriander in a bun* | Apple Cake<br>*Homemade apple sponge & custard* |

A DAILY CHOICE OF FRESH WHOLEMEAL & ORGANIC WHITE CRUSTY BREAD

Yeo Valley
Our Yeo Valley yoghurts are ORGANIC! We love Yeo because they support BRITISH farmers and local wildlife.

CHILLED DRINKING WATER IS ALWAYS AVAILABLE

All our meat is RED TRACTOR, FREE RANGE OR ORGANIC!

We think that BRITISH SEASONAL food is fresh, tasty and nutritious. Some of our favourites this season are carrots, cabbage, onions, broccoli, swede & beetroot!

Vegetarian Society APPROVED
All our VEGETARIAN MAIN DISHES, SIDE DISHES & DESSERTS are Vegetarian Society approved!