## caterlin

## St Sebastians Autumn / Winter Menu











## **Available** Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)

- Bread freshly baked on site daily

- Daily salad selection

## **ALLERGY INFORMATION:**

If your child has an allergy or intolerance please ask a member of the catering team for information. If vour 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 information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of contamination.

| feeding the imag   | gination   | Monday  | Tuesday                                 | Wednesday   | Thursday  | Friday                                       |
|--|------------|---|---|---|---|--|
| Week One<br>16/01/2023<br>06/02/2023<br>06/03/2023<br>27/03/2023 | Option 1   | Cheesy Swirl with New<br>Potatoes   | Chicken Curry with Rice                 | Roast Turkey, Roast<br>Potatoes and Gravy                 | Build a Burger Day A choice of                                      | Fishfingers/Salmon<br>Fishfingers with Chips |
|  | Option 2   | Tomato Pasta  | Aubergine and Potato<br>Curry with Rice | Crunchy Top Veg Bake with Roast Potatoes                  | Beef Burger (meat, or vegan) with Toppings and Potato Wedges BURGER | Cheese Omelette with<br>Chips                |
|  | Vegetables | Cauliflower<br>Green Beans  | Peas<br>Sweetcorn                       | Carrot & Swede Mash<br>Cabbage                            | Sweetcorn<br>Roasted Peppers  | Peas<br>Baked Beans                          |
|  | Dessert    | Pear and Chocolate (1) Crumble with Custard   | Yoghurt & Raisin Cake                   | Fresh Fruit and Yoghurt<br>Station                        | Seasonal Root Cake  | Vanilla Shortbread                           |
|  |            | Or a choice of Yoghurt & Fresh Fruit available daily                                  |   |   |   |  |
|  |            |   |   |   |   |  |
| Week Two<br>23/01/2023<br>20/02/2023<br>13/03/2023               | Option 1   | Mac and Cheese Station  | Chicken Pie with<br>Mashed Potato       | Sausage, Onions and<br>Gravy with Roast<br>Potatoes       | Spaghetti Bolognaise<br>with Garlic Bread                           | Fishfingers with Chips                       |
|  | Option 2   | A choice of different<br>Mac & Cheese<br>flavours, with meat &<br>vegetarian toppings | Veggie Shepherd's Pie<br>with Gravy     | Cauliflower and<br>Broccoli Cheese with<br>Roast Potatoes | Vegetable Fajitas with<br>Rice                                      | Mexican Roll with<br>Chips                   |
|  | Vegetables | Peas<br>Carrots   | Broccoli<br>Sweetcorn                   | Carrots<br>Brussel Sprouts                                | Green Beans<br>Roasted Butternut<br>Squash                          | Peas<br>Baked Beans                          |
|  | Dessert    | Jelly with Mandarins 🔷  | Chocolate Drizzle<br>Cake               | Fresh Fruit and Yoghurt<br>Station                        | Apple & Blackberry<br>Roll with Custard                             | Oaty Cookie                                  |
|  |            | Or a choice of Yoghurt & Fresh Fruit available daily                                  |   |   |   |  |
|  |            |   |   |   |   |  |
|  | Ontion 1   | Cheese and Tomato   | Sausage Roll with                       | Quirky Bird   | Sticky Chicken  | Fishfingers with Chips                       |

Week Three 09/01/2023 30/01/2023 27/02/2023 20/03/2023 Option 1 Potato Wedges A choice of Pizza Noodles flavoured chicken Veggie Chilli with Rice Veggie Sausage with Chinese Vegetable Cheese Quiche with or vegan Quorn, Potato Wedges Curry with Rice Option 2 Chips With Potato Wedges and Salads Cauliflower Green Beans Baked Beans Broccoli Mushy Peas Vegetables Carrots Sweetcorn Peas Carrots Baked Beans Fresh Fruit and Yoghurt Marble Cake Chocolate Cookie Banana Sponge with Apple, Cheese and Custard Station Crackers Dessert

Or a choice of Yoghurt & Fresh Fruit available daily