

Kent Silver Menu Autumn 2018



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.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Main	Sausage Pasta Bake with Garlic Bread	Cottage Pie	Roast Turkey with Roast Potatoes and Gravy	Chicken Enchiladas with Rice	MSC White/Salmon Fishfingers with Chips
Vegetarian	Macaroni Cheese	Vegetable Fajitas with Rice	Quorn Sausage and Mash with Gravy	Quorn Goulash with Rice	Vegetable Pasty with chips
Dessert	Chocolate Cocoa Cookie Yoghurt Fresh Fruit Platter	Apple and Raisin Strudel with Cream Yoghurt Fresh Fruit Salad	Syrup Sponge with Custard Yoghurt Fresh Fruit Platter	Wholemeal Mixed Fruit Crumble & Custard Yoghurt Fresh Fruit Salad	Iced Sponge Yoghurt Fresh Fruit Salad
Week 2					
Main	Beef Meatballs in Tomato Sauce with Rice	Chicken and Broccoli Pasta	Roast Pork with Roast Potatoes and Gravy	Spagheti Beef Bolognese with Garlic slice	MSC Breaded Fish with Chips
Vegetarian	Soya Mince Lasagne With Garlic Slice	Shepherdess Pie	Sweet Potato and lentil Curry with Rice	Bean and Vegetable Cobbler	Wholemeal Cheese & Tomato Quiche with Chips
Dessert	Cabbage Sweet corn	Green Beans Carrots	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Medley Of Vegetables	Baked Beans Garden Peas
Week 3					
Main	Wholemeal Cheese and Ham Pizza with Potato Salad	Chicken Korma with Rice	Roast Chicken with Stuffing with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips
Vegetarian	Wholemeal Cheese and Tomato Pizza with Potato Salad	BBQ Quorn Wrap with Rice	Vegetable Wellington with Roast Potatoes and Gravy	Spanish Omelette with New Potatoes	Cheese and Pepper Whirl with Chips
Dessert	Sweet corn and Green Beans	Medley of Vegetables	Savoy Cabbage Swede	Broccoli Carrots	Baked Beans Garden Peas
	Mandarin Upside Down Cake Yoghurt Fresh Fruit Platter	Chocolate & Banana Oaty Square Yoghurt Fresh Fruit Salad	Carrot and Courgette Cake & Custard Yoghurt Fresh Fruit Chunks	Wholemeal Apple Crumble and Custard Yoghurt Fresh Fruit Salad	Lemon Drizzle Cake Yoghurt Fresh Fruit Salad

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

