

# Churchfield Catering

## Spring Menu SEPT-DEC 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Salmon fishcake, wholegrain rice, sweetcorn (G,F,M,MU)	Sausage, mash & wholegrain spaghetti hoops (G,SD,M)	Cottage pie, mixed vegetables & gravy (M,G,SO)	Roast chicken, roast potatoes, seasonal vegetables & gravy (SO,G,SD)	Beef lasagne, salad, homemade garlic bread (G,M,S,F,E)
Cheese & tomato pizza, sauté potatoes, sweetcorn (G,M)	Jacket Potato & wholegrain spaghetti hoops (G)	Quorn Sausage, wholegrain rice & peas (G,E,M)	Cauliflower cheese, roast potatoes, vegetables & gravy (SO,M, G,SD)	Quorn burger in a bun & salad (G,S,M,E)
Mackerel salad (F,G)	Sardine salad (F,G)	Mackerel salad (F,G)	Sardine salad (F,G)	Mackerel salad (F,G)
Homemade syrup sponge & custard (G,E)	Strawberry ice cream and berries (M)	Iced sponge cake (G,E)	Homemade chocolate brownie & mandarins (G,E)	Fruit & jelly , <b>Not suitable for vegetarian</b>
Raisins (SD)	Apple	Banana	Melon boat	Orange
Strawberry yoghurt (M,SO)	Toffee yoghurt (M,SO)	Cherry yoghurt (M,SO)	Passion fruit yoghurt (M,SO)	Mango yoghurt (M,SO)
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken burger in a bun & wholegrain rice salad, (G,SO,S)	Fish fingers, homemade wedges, wholegrain spaghetti hoops (G,F)	Roast pork, roast potatoes, vegetables & gravy (SO,G,SD)	Pasta bolognaise & mixed vegetables & crusty bread(G,M,S,F)	Homemade sausage roll, sauté potatoes, chopped tomatoes (G,M,SD,E)
Vegetable stir fry, wholegrain rice, salad, crusty bread (G,C,S)	Quorn burger, homemade wedges, wholegrain spaghetti hoops (G,E,M)	Broccoli cheese bake, roast potatoes, vegetables & gravy (G,M,SO,SD,S)	5 Bean pasta bake topped with grated cheese, mixed vegetables & crusty bread (G,M,S,MU)	Cheese and onion omelette, sauté potatoes, chopped tomatoes (E,M)
Sardine salad (F,G)	Mackerel salad (F,G)	Sardine salad (F,G)	Mackerel salad (F,G)	Sardine salad (F,G)
Ice cream & mandarins (M)	Homemade crumble & custard (G,M)	Homemade ginger bread man (G,E,SD)	Homemade chocolate cake with hot chocolate sauce (G,M,E)	Sherbet lemon mousse & fruit (M,SO)
Orange	Apple	Banana	Pear	Raisins (SD)
Mango yoghurt (M,SO)	Vanilla & peach yoghurt (M,SO)	Strawberry yoghurt (M,SO)	Cherry yoghurt (M,SO)	Toffee yoghurt (M,SO)
Monday	Tuesday	Wednesday	Thursday	Friday
Homemade pork meatballs baked in a tomato sauce, pasta & mixed vegetables (G,S,SO,SD,F)	Chicken goujons, homemade wedges & baked beans (G,E)	Sausage plait pie, sauté potatoes, chopped tomatoes (G,E)	Roast beef, roast potatoes, seasonable vegetables & gravy (G,SO,SD)	Plaice goujons, mushy peas, vegetable wholegrain rice (G,M,S,F)
Vegetable chow mein & mixed vegetables (G,E)	Jacket potatoes and baked beans	Mushroom risotto, sauté potatoes & chopped tomatoes	Cauliflower cheese bake, roast potatoes, vegetables & gravy (G,M,SO,SD)	Cheese pizza, vegetable wholegrain rice (G,M,S)
Mackerel salad (F,G)	Sardine salad (F,G)	Mackerel salad (F,G)	Sardine salad (F,G)	Mackerel salad (F,G)
Homemade sticky fruit flap jack (G,SD)	Jelly & peaches <b>Not suitable for vegetarians</b>	Rice pudding (G,M)	Homemade buttered shortbread & fruit (G,M)	Strawberry mousse & fruit (M,SO)
Banana	Apple	Raisins (SD)	Orange	Pear
Strawberry yoghurt (M,SO)	Mango yoghurt (M,SO)	Cherry yoghurt (M,SO)	Vanilla & peach yoghurt (M,SO)	Passionfruit yoghurt (M,SO)

Meals are £2.30 per day (School & Nursery), All meals need to be ordered and paid for in advance through your secure online ParentPay account. All meals ordered will be charged unless cancelled by 9.30am on the morning of absence, please contact the School office to do this.



Allergens	
G - Gluten	MU - Mustard
C - Celery	N - Nuts
M - Milk	P - Peanuts
CR - Crustaceans	S - Sesame seeds
E - Eggs	SO - Soya
F - Fish	SD - Sulphur Dioxide
MO - Molluscs	L - Lupin

For further information please go to [food.gov.uk/allergy](http://food.gov.uk/allergy)