

**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.

**Stapleford  
Winter Menu  
2021/22**

**caterlink**  
feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 29/11/21 03/01/22 24/01/22	<b>Option 1</b>	Macaroni Cheese	Beef Burger in a Bun with Wedges	Roast Turkey, Stuffing, Roast Potatoes and Gravy	Beef Lasagne with Garlic Slice	MSC Fish Fingers with Chips
	<b>Option 2</b>	Vegetable Wraps with Rice	Vegan Sausage in a Roll with Wedges	Vegetable Wellington, Roast Potatoes and Gravy	Vegetable Lasagne with Garlic Slice	Cheese and Potato Flan with Chips
	<b>Option 3</b>	Jacket Potato with Cheese and or Beans	Cheese Baguette	Jacket Potato with Cheese or Tuna Mayonnaise	Ham Baguette	Jacket Potato with Cheese
	<b>Vegetables</b>	Green Beans Carrots	Sweetcorn Coleslaw	Broccoli Cauliflower	Roasted Vegetables Sweetcorn	Baked Beans Peas
	<b>Dessert</b>	Chocolate and Apple Sponge with Custard	Fruit and Ice Cream	Apple, Cheese and Biscuits	Lemon and Berry Cake	Oaty Cookie
<b>Week 2</b> 06/12/21 10/01/22 31/01/22	<b>Option 1</b>	Cheese and Tomato Pizza with New Potatoes	Beef Bolognese Pasta Bake	Roast Gammon, Roast Potatoes and Gravy	Chicken Pie with Potatoes	MSC Breaded Fish with Chips
	<b>Option 2</b>	Vegetable Tagine with Cous Cous	Vegetable Curry with Rice	Roasted Quorn, Roast Potatoes and Gravy	Spaghetti with a Tomato and Vegetable Sauce	Cheese and Pepper Whirl with Chips
	<b>Option 3</b>	Jacket Potato with Cheese and or Beans	Cheese Baguette	Tuna Mayo Baguette	Jacket Potato with Cheese and or Beans	Ham Baguette
	<b>Vegetables</b>	Broccoli Sweetcorn	Peas and Peppers	Cabbage Carrots	Green Beans Cauliflower	Baked Beans Peas
	<b>Dessert</b>	Apple Crumble and Custard	Chocolate Shortbread	Fruit and Yoghurt Station	Peach Sponge with Custard	Mandarins and Ice Cream
<b>Week 3</b> 13/12/21 17/01/21 07/02/21	<b>Option 1</b>	Tomato and Vegetable Pasta Bake	Sausage Roll with Wedges	Roast Chicken, Stuffing Roast Potatoes and Gravy	Beef Meatballs in a Tomato Sauce with Rice	MSC Fish in Batter with Chips
	<b>Option 2</b>	Vegetable Tortilla Stack with Rice	Vegan Sausage Roll with Wedges	Vegetable Loaf, Stuffing Roast Potatoes and Gravy	Shepherdess Pie	BBQ Quorn with Chips
	<b>Option 3</b>	Jacket Potato with Cheese and or Beans	Cheese Baguette	Jacket Potato with Cheese and or Beans	Ham Baguette	Jacket Potato with Cheese
	<b>Vegetables</b>	Carrots Broccoli	Peas Coleslaw	Swede and Carrot Cabbage	Green Beans Cauliflower	Baked Beans Peas
	<b>Dessert</b>	Fruit Crumble and Custard	Chocolate Sponge with Chocolate Sauce	Orange and Lemon Shortbread	Iced Sponge	Peaches and Ice Cream

