caterlink
feeding the imagination

EASTBROOK Autumn/ Winter 2022 Menu – Lentil and Pea Free

		Monday	Tuesday	Wednesday	Thursday	Friday
Week One **31.10** **21.11** **12.12** **16.01** **06.02** **06.03** **27.03**	Option 1	Cheesy Swirl with New Potatoes	Chicken Curry with Rice	Roast Chicken with Stuffing, Roast Potatoes and Gravy	**Build Your Burger Day**: Beef or Vegan Bean Burger with a choice of Toppings: Salad, Tomato, Cucumber, Cheese and Crushed Nachos and sauces: Tomato Ketchup, BBQ Sauce or Mayonnaise and Potato Wedges	Fishfingers/ Salmon Fishfingers with Chips
	Option 2	Tomato Pasta	Veggie Wrap Stack with Rice	Crunchy Top Veg Bake with Roast Potatoes		Cheese Omelette with Chips
	Vegetables	Cauliflower Green Beans	Sweetcorn Broccoli	Carrot & Swede Mash Cabbage	Sweetcorn Roasted Peppers	Baked Beans Carrots
	Dessert	Pear and Chocolate Crumble with Custard	Yoghurt & Raisin Cake	Fresh Fruit and Yoghurt Station	Seasonal Root Cake	Vanilla Shortbread
		Or a choice of Yoghurt & Fresh Fruit available daily				
Week Two **07.11** **28.11** **02.01** **23.01** **20.02** **13.03**	Option 1	Macaroni Cheese	Cajun Chicken with Rice	Sausage, Onions and Gravy with Roast Potatoes	Spaghetti Bolognaise with Garlic Bread	Fishfingers with Chips
	Option 2	Tomato Arrabiata Pasta	Veggie Shepherd's Pie with Gravy	Cauliflower and Broccoli Cheese with Roast Potatoes	Vegetable Fajitas with Rice	Mexican Roll with Chips
	Vegetables	Carrots Coleslaw	Broccoli Sweetcorn	Carrots Brussel Sprouts	Green Beans Roasted Butternut Squash	Baked Beans Sweetcorn
	Dessert	Raspberry Jelly with Mandarins	Chocolate Drizzle Cake	Fresh Fruit and Yoghurt Station	Apple & Blackberry Roll with Custard	Oaty Cookie
		Or a choice of Yoghurt & Fresh Fruit available daily				
Week Three **14.11** **05.12** **09.01** **30.01** **27.02** **20.03**	Option 1	Cheese and Tomato Pizza	Sausage Roll with Potato Wedges	Roast of the day Roast potatoes stuffing gravy	Sticky Chicken Noodles	Fishfingers with Chips
	Option 2	Veggie Chilli with Rice	Soya Lasagne with Potato Wedges	Parsnip and Sweet Potato Loaf – Roast Potatoes & Gravy	Sweet and Sour Butterbeans with Egg Noodles	Cheese Quiche with Chips
	Vegetables	Green Beans Carrots	Baked Beans Sweetcorn	Cauliflower Green Beans	Broccoli Carrots	Baked Beans Sweetcorn
	Dessert	Marble Cake	Chocolate Cookie	Fresh Fruit and Yoghurt Station	Banana Sponge with Custard	Apple, Cheese and Crackers
		Or a choice of Yoghurt & Fresh Fruit available daily				

Added Plant Power
Vegan
Wholemeal

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 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. 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 cross contamination.