

Link Secondary School Autumn Menu 2020/2021

Week 1	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Option 1	Mild Chili Con Carne Served with Rice	Cereal Containing Gluten, Sesame, Soya	Chicken Tikka Served with Brown Rice	Cereal Containing Gluten, Soya	Roast Chicken Breast Roast Potatoes and Gravy	Cereal Containing Gluten, Egg	Ham Pasta Served with Slice of Bread	Cereal Containing Gluten, Dairy	Battered Cod Fillet and Baked Chips	Cereal Containing Gluten, Egg, Fish
Option 2	Tomato & Peppers with Whole wheat Pasta	Cereal Containing Gluten	Quinoa Burger with New Potatoes	Cereal Containing Gluten, Egg	Quorn Sausages Roast potatoes and Gravy	N/A	Cheese and Tomato Pizza with Baked Beans	Cereal Containing Gluten, Egg, Dairy	Thai Green Vegetable Curry with Rice	Cereal Containing Gluten, Mustard
Option 3	<i>Jacket Potato Beans or Cheese</i>	Dairy	<i>Jacket Potato Bolognese or Cheese</i>	Cereal Containing Gluten ,Soya, Mustard	<i>Jacket Potato Spicy Chicken Sauce or Cheese</i>	Cereal Containing Gluten, Sesame, Dairy	<i>Jacket Potato Tuna or Cheese</i>	Cereal Containing Gluten, Fish, Dairy	<i>Jacket Potato Beans or Cheese</i>	Cereal Containing Gluten, Soya
Vegetables Of the day/ Salad	Salad	N/A	Broccoli	N/A	Mix vegetables	N/A	Sweetcorn	N/A	Peas	N/A
Dessert	Banana Cake with Custard	Cereal Containing Gluten, Egg, Dairy	Apple Pie with Custard	Cereal Containing Gluten, Dairy	Selection of Fruit Yoghurts or Jelly Pot	Dairy	Peach Sponge with Custard	Cereal Containing Gluten, Dairy	Drop Pancakes with Custard	Cereal Containing Gluten, Egg

Catering provided by the Greenshaw Ltd for Primary school is cooked fresh on the school site each day. Please contact the school office for more information or to discuss any dietary requirements.

The daily offer includes: Wholemeal bread, fresh homemade salads, a variety of seasonal fresh fruit, yogurts, jacket potatoes with a choice of toppings including Tuna Mayo, Cheese or Baked Beans.

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Week 2	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Option 1	Pork Sausage & Mash Potatoes Gravy	Cereal Containing Gluten, Soya, Dairy	Chicken Korma with Brown Rice	Cereal Containing Gluten	Roast beef, Roast Potatoes& Gravy	Cereal Containing Gluten	Cottage Pie And Gravy	Cereal Containing Gluten, Dairy	Jumbo Fish Fingers with Baked Chips	Cereal Containing Gluten, Soya, Fish
Option 2	Macaroni Cheese	Cereal Containing Gluten, Dairy, Mustard	Tex-Mexican Veggie Burrito	Cereal Containing Gluten	Vegetable Burger with New Potatoes	Cereal Containing Gluten	Vegetable Biryani	Cereal Containing Gluten, Sesame, Soya	Vegetable Spring Roll with Baked Chips	Cereal Containing Gluten, Sesame, Soybeans
Option 3	<i>Jacket Potato Beans Or Cheese</i>	Dairy	Jacket Potato Tomato Sausage Sauce Or Cheese	Cereal Containing Gluten, Soya, Dairy	Jacket Potato Chicken Korma or Cheese	Cereal Containing Gluten, Dairy	Jacket Potato Chicken in a Tomato Sauce or Cheese	Cereal Containing Gluten, Dairy , Mustard	Jacket Potato Beans or Cheese	Soya, Dairy
Vegetables Of the day/ Salad	Carrot	N/A	Salad	N/A	Mix vegetables	N/A	Sweet corn	N/A	Mushy peas	N/A
Dessert of the day	Strawberry Granola Cake With Custard	Cereal containing gluten	Apple Cake with Vanilla Custard	Cereal Containing Gluten, Egg, Dairy	Strawberry Mousse or Fruit Yoghurt	Dairy	Pear Crumble with Custard	Cereal containing gluten	Waffle with Custard	Cereal containing gluten, egg, dairy

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Week 3	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Option 1	Beef Casserole with New Potatoes	Cereal Containing Gluten, Dairy, Soya, Mustard	Chicken Balti with Brown Rice	Cereal Containing Gluten, Soya	Garlic roast pork steak Roast Potatoes, Yorkshire pudding	Cereal Containing Gluten, Egg	Battered Chicken Burger, New Potatoes	Cereal Containing Gluten	Salmon Fish Cakes Baked Chips	Cereal Containing Gluten, Egg, Fish
Option 2	Vegetable Patty with New Potatoes	Cereal Containing Gluten, Dairy	Sweet and Sour Vegetables with Noodles	Cereal Containing Gluten	Tomato Whole Wheat Pasta Baked	Cereal Containing Gluten, Soya	Veggie Bolognese with Pasta	Cereal Containing Gluten, Dairy, Soya, Mustard	Stuffed Pepper with Bulgur Wheat Tabbouleh Salad	Cereal Containing Gluten, Dairy
Option 3	<i>Jacket Potato/Beans or Cheese</i>	Dairy	<i>Jacket Potato Tuna & Sweetcorn or Cheese</i>	Cereal Containing Gluten, Dairy, Soya, Mustard	<i>Jacket Potato Beef with Gravy Sauce Or Cheese</i>	Cereal Containing Gluten, Fish, Egg	<i>Jacket Potato BBQ Pork Or Cheese</i>	Cereal Containing Gluten, Egg	<i>Jacket Potato Chicken Tomato Sauce or Cheese</i>	Cereal Containing Gluten, Soya
Vegetables Of the day/ Salad	Salad	N/A	Sweet corn	N/A	Mix Vegetables	N/A	Salad	N/A	Peas	N/A
Dessert of the day	Plum Sponge with Custard	Cereal Containing Gluten, Egg, Dairy	Apple & Raisins Oat Crumble	Cereal Containing Gluten	Selection of Fruit Yoghurts or Jelly Pot	Dairy	Victoria Sponge with Custard	Cereal Containing Gluten, Egg, Dairy	Jam Roly-Poly	Cereal Containing Gluten, Egg, Dairy

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