




**Week 1**

# Summer Lunch Menu

This menu is available weeks commencing;  
September 2016


17 <sup>th</sup> Oct 14 <sup>th</sup> Nov 5 <sup>th</sup> Dec	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Sweet and Sour Halal Chicken, served with Braised Rice	 <p>Slow Cooked Halal Minced Beef Chilli Con Carne, served in a Taco Shell with Home made Cucumber Salsa &amp; Coleslaw</p>	Herby Roast Halal Chicken with Sage & Onion Stuffing	Halal Beef Bolognese served with Garlic Bread	Catch of the Day with Home made Tartare Sauce
<b>Vegetarian Meal</b>	Tomato & Roasted Pepper Cheese Topped Pasta Bake		Spicy Chinese Vegetable Stir Fry with Sweet Chilli Sauce	Butternut Squash & Sweet Potato Korma Curry	Macaroni Cheese with Crunchy Breadcrumb Herb Topping
<b>Potatoes &amp; Vegetables</b>	Soy and Honey Noodles Chinese stir fried Vegetables		Crispy Roast Potatoes	Boiled Rice	Chips
	Steamed Sweetcorn		Savoy Cabbage	Creamed Spinach	Garden Peas
	A Mixed Side Salad will be available daily as an alternative to Vegetables				
<b>Daily Pasta / Jacket Bar</b>	Two Pasta Sauces will be available daily, one using Halal minced Beef, one vegetarian. Two types of Pasta available daily one to be wholemeal. Jacket Potatoes available with a choice of Cheese, Tuna, Baked Beans, Coleslaw, or either Pasta sauces				
<b>Home Made Desserts</b>	Cherry Pie served with Custard	Marble Sponge served with Chocolate Sauce	Apple Strudel served with Vanilla Sauce	Rhubarb Crumble served with Custard	Wholemeal Banana Cake served with Custard



**Week 2**

# Summer Lunch Menu

This menu is available weeks commencing;  
September 2016


31 <sup>st</sup> Oct 21 <sup>st</sup> Nov 12 <sup>th</sup> Dec	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Moroccan Halal Chicken Tagine with Apricots	Traditional Halal Beef Lasagne	Roast Halal Turkey with Cranberry Sauce	 Piri Piri Halal Chicken Drumsticks, served with Coleslaw and Braised Rice	Catch of the Day with Home Made Tartare Sauce
<b>Vegetarian Main Meal</b>	Bean and Lentil Burger served in a Bun with side Salad	Mild Roast Vegetable Chilli	Roasted Sweet Potato, Chick Pea and Vegetable Curry		Stuffed Pepper with Rice and Summer Vegetables
<b>Potatoes &amp; Vegetables</b>	Spicy Moroccan Vegetable Herb Cous Cous	Home Made Baked Wedges	Garlic & Rosemary Roast Potatoes		Chips Garden or Minted Mushy Peas Baked Beans
	Mixed Mediterranean Ratatouille	Buttered Swede	Roasted Honey Glazed Parsnips		
	Broccoli florets	Braised White Cabbage	Steamed Glazed Carrots		
A Mixed Side Salad will be available daily as an alternative to Vegetables					
<b>Daily Pasta / Jacket Bar</b>	Two Pasta Sauces will be available daily, one using Halal minced Beef, one vegetarian. Two types of Pasta available daily one to be wholemeal. Jacket Potatoes available with a choice of Cheese, Tuna, Baked Beans, Coleslaw, or either Pasta sauces				
<b>Home Made Desserts</b>	Sticky Chocolate Pudding served with a Chocolate & Orange Sauce	Summer Berry Crumble served with Custard	St Clements Drizzle Cake served with Vanilla Sauce	Apple Pie served with Cream or Custard	Jam and Coconut Sponge served with Custard



**Week 3**

# Summer Lunch Menu

This menu is available weeks commencing;  
September 2016

7 <sup>th</sup> Nov 28 <sup>th</sup> Nov 19 <sup>th</sup> Dec	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	Beef Madras Curry served with a Poppadum	 BBQ Braised Spicy Halal Chicken and Rice served with Coleslaw	Minced Halal Lamb, Tomato and Spinach Creamy Pasta Bake	Jamaican Spicy Halal Jerk Chicken Leg	Catch of the Day with Home made Tartare Sauce
<b>Vegetarian Main Meal</b>	Loaded Cheese and Spring Onion Potato Skins		Potato, Courgette, Leek & Aubergine Bake	Cheese and Leek Quiche	Vegetable Bolognese
<b>Potatoes &amp; Vegetables</b>	Pilau Basmati Rice		Rosemary & Thyme Roasted New Potatoes	Herby Jacket Wedges	Chips
	Steamed Cauliflower florets		Roasted Vegetables	Buttered Courgettes	Garden Peas
	Steamed Green Beans	Green Cabbage	Steamed Sweetcorn	Baked Beans	
A Mixed Side Salad will be available daily as an alternative to Vegetables					
<b>Daily Pasta / Jacket Bar</b>	Two Pasta Sauces will be available daily, one using Halal minced Beef, one vegetarian. Two types of Pasta available daily one to be wholemeal. Jacket Potatoes available with a choice of Cheese, Tuna, Baked Beans, Coleslaw, or either Pasta sauces				
<b>Home Made Desserts</b>	Vanilla Sponge with a Berry Glaze served with Vanilla Sauce	Oaty Peach Crumble served with Custard	Chocolate Pudding served with Chocolate Sauce	Apple & Cinnamon Pancakes served with Cream	Ginger and Pineapple Cake served with Custard

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