caterlink
feeding the imagination

RBWM
Autumn Menu 2020

Added Plant Power
Vegan
Wholemeal

		Monday	Tuesday	Wednesday	Thursday	Friday
Week One 31/08/2020 21/09/2020 12/10/2020 09/11/2020 30/11/2020	Option 1 (MEAT FREE MONDAY)	Macaroni Cheese	**Build a Burger Day** Beef Burger with Wedges	Roast Chicken with Roast Potatoes & Gravy	Plant Based Chicken Curry with 50/50 Rice	MSC Breaded Fish with Chips
	Option 2	Soya Bolognaise with Spaghetti	Quorn Burger with Wedges	Lentil & Tomato Whirl with Roast Potatoes	Lentil & Sweet Potato Curry with 50/50 Rice	Vegetable Pasty with Chips
	Vegetables	Cauliflower Broccoli	Rainbow Slaw Mixed Salad	Carrots Cabbage	Sweetcorn Baked Tomatoes	Baked Beans Peas
	Dessert	Mixed Fruit Crumble with Cream	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Station	Chocolate & Orange Cake with Choc Sauce	Vanilla Shortbread
		Or a choice of Yoghurt & Fresh Fruit available daily				
Week Two 07/09/2020 28/09/2020 19/10/2020 16/11/2020 07/12/2020	Option 1 (MEAT FREE MONDAY)	Mediterranean Vegetable Pasta Bake	BBQ Chicken Pasta	Roast Pork, Roast Potatoes & Gravy	Chicken Fajitas with Rice	MSC Fishfingers with Chips
	Option 2	Vegetable Tagine with Couscous	Wholemeal French Bread Pizza with Baked Wedges	Quorn Roast Fillet with Roast Potatoes & Gravy	Vegetable & Bean Fajitas with Rice	Vegan Mexican Roll with Chips
	Vegetables	Sweet Corn Broccoli	Peas Carrot & Beetroot Slaw	Carrots Green Beans	Summer Roasted Vegetables	Baked Beans Peas
	Dessert	Chocolate & Beetroot Brownie	Iced Sponge	Fresh Fruit & Yoghurt Station	Apple Sponge & Custard	Spanish Cookie
		Or a choice of Yoghurt & Fresh Fruit available daily				
Week Three 14/09/2020 05/10/2020 02/11/2020 23/11/2020 14/12/2020	Option 1 (MEAT FREE MONDAY)	Cheese & Tomato Pizza with Potato Salad	Lemon Turkey Stuffed Pitta Pouch with Couscous	Roast Gammon, Roast Potatoes & Gravy	Plant Based Beef Lasagne	MSC Fish in Batter with Chips
	Option 2	Vegetable Risotto	Tomato & Vegetable Pasta	Vegetable Wellington, Roast Potatoes & Gravy	Soya Mince Lasagne with Garlic Bread	Cheese & Tomato Whirl with Chips
	Vegetables	Sweet Corn Peas	Tomato & Onion Slaw Carrot Sticks	Carrot Cabbage	Broccoli Sweet Corn	Baked Beans Peas
	Dessert	Banana Chocolate Oaty Square	Marble Cake & Custard	Fresh Fruit & Yoghurt Station	Orange Drizzle Cake	Fruit & Ice Cream
		Or a choice of Yoghurt & Fresh Fruit available daily				

Available Mon, Wed & Fri
Pasta with a choice of topping

Available Tues & Thurs
Jacket potatoes with a choice of fillings

Available daily
- Bread freshly baked on site
- 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.