

Autumn 2 2024 - Spring 2025

Caterlink  
Autumn Winter Menu  
24/25 - Carlisle

**WEEK ONE A**

04/11/2024  
25/11/2024  
16/12/2024  
20/01/2025  
10/02/2025  
10/03/2025  
31/03/2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Option 1</b> NEW Tomato & Vegetable Pasta	<i>Peat</i> Cottage Pie with Gravy	Peat Peat or BBQ Chicken with Diced Seasoned Potatoes & Sweetcorn Sauce <b>CHICKEN SHACK</b>	<i>Chicken</i> Meatballs in Tomato Sauce with Rice	<i>Sattam</i> Fishfingers with Chips & Tomato Sauce
<b>Option 2</b> Mexican Fajitas with Rice	Vegan Cottage Pie	Peat Peat or BBQ Quorn with Diced Seasoned Potatoes & Sweetcorn Sauce	NEW Cheese and Broccoli Pasta with Garlic Bread	Cheese and Tomato Quiche with Chips & Tomato Sauce
<b>Option 3</b> Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings
Melting Moment Biscuit	Blackberry and Apple Crumble with Custard	Fruit Platter	Carrot Cake	Chocolate Orange Cookie

**WEEK TWO B**

11/11/2024  
02/12/2024  
06/01/2025  
27/01/2025  
24/02/2025  
17/03/2025

<b>Option 1</b> Classic Cheese and Tomato Pizza with Potato Wedges	NEW Chicken Pasta Bake with Garlic Bread	Sausage and Mash with Gravy <i>Peat</i>	Chicken Tikka Masala with Rice	NEW Tuna-Pesto Bake or Fishfingers with Chips & Tomato Sauce
<b>Option 2</b> Rainbow Pizza with Potato Wedges	Vegetable Pasta Bake	Vegan Sausage and Mash with Gravy	NEW Mild Mexican Chili with Rice	Mexican Bean Roll with Chips & Tomato Sauce
<b>Option 3</b> Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings
Peach Cake	Jelly with Mandarins	Fruit Medley	Marble Sponge Cake with Chocolate Sauce	Apple Flapjack

**WEEK THREE C**

18/11/2024  
09/12/2024  
13/01/2025  
03/02/2025  
03/03/2025  
24/03/2025

<b>Option 1</b> Macaroni Cheese	NEW Mild Caribbean Chicken with Rice and Peas	Roast Chicken with Stuffing, Roast Potatoes and Gravy	<i>Peanut</i> Spaghetti Bolognese	Breaded Fish with Chips & Tomato Sauce
<b>Option 2</b> Vegan Plant Balls in Tomato Sauce with Rice	<i>Caribbean</i> NEW Caribbean Butterbean Stew with Rice and Peas	Vegetable Pasty with Stuffing, Roast Potatoes and Gravy	Vegan Spaghetti Bolognese	Cheese and Pepper Omelette with Chips & Tomato Sauce
<b>Option 3</b> Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings
Chocolate Brownie	Sticky Toffee Apple Crumble with Custard	Fruit Salad	NEW Savoury Cheese Score	Vanilla Shortbread

**MENU KEY**

- Added Plant Power
- Wholmedal
- Vegan

Available Daily: Fresh Bread – Fresh Salad Selection – Fresh Fruit and Yoghurt

**ALLERGY INFORMATION:**

If you would like to know about particular allergens in foods 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.