WHAT'S FOR LUNCH THIS AUTUMN/WINTER

caterlink
feeding the imagination

Caterlink is an award-winning food service provider catering for primary schools across the country.

We are passionate about providing your children with freshly prepared school lunches that are true to our fresh food heritage. All our menus are nutritionally analysed to ensure they meet and, in most cases, exceed The School Food Standards by our nutrition team. We are committed to constantly reviewing our menus and recipes to ensure they are healthy. We have reduced sugar in our desserts to below the 6.5g recommendations by Public Health England and have been recognised as leading the way by SUGAR SMART UK. We have also introduced a number of plant-based recipes to our menus and meat free days to support the sustainability aspects of our offer.

KEEP IN TOUCH

You can keep up to date with what is going on by visiting our web site https://caterlinkltd.co.uk/my-caterlink to find the latest news and information about our upcoming theme days and our current menus. You can also get in touch through our Contact Us page, we appreciate all feedback on our service.

RECRUITMENT

We are always looking for new talented team members, if you are interested in joining Caterlink or becoming an apprentice visit us through our web site https://caterlinkltd.co.uk/jobs-careers/ or email hrsupport@caterlinkltd.co.uk

UNIVERSAL INFANT FREE SCHOOL MEALS

Don't forget if your child is in Reception, Year 1 or Year 2, they can enjoy a meal each day without charge, irrespective of income. However, you still need to register if you are entitled to Free School Meals. This is important and helps schools funding.

FREE SCHOOL MEALS

Low Income - Are you missing out? To check if you are entitled to Free School Meals entitlement, ask at your school office.

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, this can be downloaded from our web site https://caterlinkltd.co.uk/school/caterlink-primary-division . 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.

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AUTUMN/SPRING MENU

		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE 30 Aug 20 Sep 11 Oct 8 Nov 29 Nov 3 Jan 24 Jan 21 Feb 14 Mar	Option 1	MEAT FREE MONDAY Macaroni Cheese	Beef Burger in Bun with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Minced Beef Pie with Gravy & Crushed Potatoes	MSC Fish Fingers/ Salmon Fish Fingers with Chips & Tomato Sauce
	Option 2	Vegetable & Bean Fajitas with 50/50 Rice	Quorn Burger in Bun with Potato Wedges	Homity Pie with Roast Potatoes & Gravy	Tomato & Lentil Pasta with Garlic Bread	Cumberland Quorn Sausage with Chips
	Vegetables	Green Beans Carrots	Coleslaw Sweetcorn	Mixed Vegetable Medley	Broccoli Sweetcorn	Baked Beans Garden Peas
	Dessert	Sticky Toffee Apple Crumble with Custard Yoghurt / Fresh Fruit	Mandarin Segments with Jelly Yoghurt / Fresh Fruit	Apple, Cheese & Biscuits Yoghurt / Fresh Fruit	Eve's Pudding & Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit
WEEK TWO 6 Sep 27 Sep 18 Oct 15 Nov 6 Dec 10 Jan 31 Jan 28 Feb 21 Mar	Option 1	MEAT FREE MONDAY Cheese & Tomato Pizza with New Potatoes	Macaroni Beef Pasta Bake	Roast Beef with Roast Potatoes & Gravy	Mediterranean Chicken (Chicken in Tomato Sauce) with Rice	MSC Fish in Batter with Chips & Tomato Sauce
	Option 2	Tuna Pasta Bake	Roasted Cauliflower Curry with Rice	Vegetable Wellington with Roast Potatoes & Gravy	Vegetarian Lasagne	BBQ Quorn with Chips
	Vegetables	Green Beans Baked Beans	Sweetcorn Garden Peas	Cabbage Carrots	Sweetcorn Broccoli	Baked Beans Garden Peas
	Dessert	Pear Crumble with Custard Yoghurt / Fresh Fruit	Chocolate Shortbread Yoghurt / Fresh Fruit	Apple Flapjack Yoghurt / Fresh Fruit	Peach Upside Down Cake & Cream Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit
WEEK THREE 13 Sep 4 Oct 1 Nov 22 Nov 13 Dec 17 Jan 7 Feb 7 Mar 28 Mar	Option 1	MEAT FREE MONDAY Vegetarian Tortilla Stack with Rice	Sausage Roll with Tomato Sauce served with Potato Wedges	Roast Turkey with Roast Potatoes & Gravy	Beef Lasagne with Garlic Bread	MSC Fish Fingers with Chips & Tomato Sauce
	Option 2	Devil's Kitchen Meat Free Meatballs in Tomato Sauce with Pasta	Shepherdess Pie with Gravy	Roasted Quorn Fillet with Roast Potatoes & Gravy	Wholemeal Vegetable Pasta Bake with Garlic Bread	Cheese & Tomato Wholemeal Quiche with Chips
	Vegetables	Carrots Sweetcorn	Garden Peas Cauliflower	Mixed Vegetable Medley	Green Beans Carrots	Baked Beans Garden Peas
	Dessert	Oaty Cookie Yoghurt / Fresh Fruit	Chocolate Sponge with Chocolate Sauce Yoghurt / Fresh Fruit	Ice Cream & Peaches / Vanilla Shortbread & Peaches for Serveries Yoghurt / Fresh Fruit	Rice Pudding with Mixed Berries Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit

Added Plant Power
Vegan
Wholemeal
Oily Fish

Available Daily

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread available daily
- Daily salad selection

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