

WHAT'S FOR LUNCH THIS AUTUMN/WINTER



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.



ALT AUTUMN/WINTER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
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	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK ONE 31 Oct 21 Nov 12 Dec 16 Jan 6 Feb 6 March 27 March	Option 1	Cheesy Swirl with New Potatoes	Sticky Chicken Noodles 	Roast of the Day with Stuffing Ball, Roast Potatoes & Gravy	Spicy Bean Burger in a Bun with Potato Wedges 	Fishfingers/ Salmon Fishfingers with Chips
	Option 2	Tomato Pasta 	Veggie Wrap Stack with Rice 	Parsnip & Sweet Potato Loaf with Roast Potatoes & Gravy	French Bread Pizza	Cheese and Onion Quiche with Chips 
	Vegetables	Vegetable Medley	Broccoli Sweetcorn	Carrot & Swede Mash Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
	Dessert	Pear & Chocolate Crumble with Custard Yoghurt / Fresh Fruit	Yoghurt & Raisin Cake Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station	Seasonal Root Cake Yoghurt / Fresh Fruit	Vanilla Shortbread Yoghurt / Fresh Fruit 
WEEK TWO 7 Nov 28 Nov 2 Jan 23 Jan 20 Feb 13 March	Option 1	Macaroni Cheese	Chicken Pie with New Potatoes 	Roast of the Day with Stuffing Ball, Roast Potatoes & Gravy	Vegan Bolognese with Spaghetti & Garlic Bread  	Fishfingers with Chips
	Option 2	Vegetable Curry & Rice  	Quorn Sausage Mashed Potato & Gravy 	Cauliflower & Broccoli Cheese with Roast Potatoes	Vegan Meatballs in Tomato Sauce with Rice  	Cheese and Bean Pasty with Chips
	Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
	Dessert	Oaty Cookie Yoghurt / Fresh Fruit  	Chocolate Drizzle Cake Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station Yoghurt / Fresh Fruit	Apple & Blackberry Roll with Custard Yoghurt / Fresh Fruit	Raspberry Jelly with Mandarins Yoghurt / Fresh Fruit 
WEEK THREE 14 Nov 5 Dec 9 Jan 30 Jan 27 Feb 20 March	Option 1	Cheese & Tomato Pizza 	Chicken & Bean Stew with Rice 	Roast of the Day with Stuffing Ball, Roast Potatoes & Gravy	Vegetable Lasagne	Fishfingers with Chips
	Option 2	Veggie Chilli with Rice 	Vegetable Pasty	Mixed Vegetable Loaf with Roast Potatoes & Gravy 	Chinese Vegetable Curry with Rice 	Vegetable Jollof Rice 
	Vegetables	Baked Beans Sweetcorn	Green Bean Carrots	Cauliflower Peas	Broccoli Carrots	Peas Baked Beans
	Dessert	Chocolate Cookie Yoghurt / Fresh Fruit 	Marble Cake Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station	Banana Sponge with Custard Yoghurt / Fresh Fruit	Apple Flapjack Yoghurt / Fresh Fruit  

 Added Plant Power

 Vegan

 Wholemeal

Available Daily

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

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