

WHAT'S FOR LUNCH THIS AUTUMN...



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



We are passionate about providing your children with award winning Food for Life Served Here 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.



KENT, MEDWAY & SUSSEX AUTUMN MENU 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK ONE 31 Aug 21 Sep 12 Oct 9 Nov 30 Nov	Option 1	50/50 Ham & Cheese Tomato Pizza with New Potatoes 	BBQ Chicken with Rice	Roast Chicken served with Roast Potatoes & Gravy	Macaroni Cheese	MSC Battered Fish with Chips & Tomato Sauce 
	Option 2	50/50 Cheese & Tomato Pizza with New Potatoes 	Five Bean Chilli with Rice 	Lentil & Tomato Whirl with Roast Potatoes 	Wholemeal Vegetable Pasta Bake (No Cheese)  	Red Pepper & Cheese Frittata with Chips & Tomato Sauce
	Vegetables	Sweetcorn Baked Beans	Mixed Vegetables	Carrot Cabbage	Broccoli Sweetcorn	Baked Beans Peas
	Dessert	Apple Pie with Cream Yoghurt / Fresh Fruit	Lemon Drizzle Cake Yoghurt / Fresh Fruit	Jelly & Ice Cream/ Jelly & Cream for Servery Yoghurt / Fresh Fruit	Chocolate & Orange Cake with Chocolate Sauce Yoghurt / Fresh Fruit	Tutti Fruity Friday Yoghurt
WEEK TWO 7 Sep 28 Sep 19 Oct 16 Nov 7 Dec	Option 1	Sausage Roll with Oven Baked Potato Wedges	Minced Beef Pasta Bake	Roast Loin of Pork served with Roast New Potatoes & Gravy	Chicken Fajitas with Rice 	MSC Fish Fingers/ Salmon Fish Fingers, Chips & Tomato Sauce  
	Option 2	Wholemeal Cheese & Tomato Quiche with Oven Baked Potato Wedges 	Potato & Courgette Layer Bake	Roast Quorn Fillet with Roast New Potatoes & Gravy 	Vegetable & Bean Fajitas with Rice 	Vegetable Sausage with Chips & Tomato Sauce 
	Vegetables	Baked Beans Peas	Sweetcorn Green Beans	Carrots Swede	Mixed Vegetables	Baked Beans Peas
	Dessert	Mixed Fruit Crumble with Custard Yoghurt / Fresh Fruit  	Iced Sponge Yoghurt / Fresh Fruit	Apple, Cheese & Crackers for Servery Yoghurt / Fresh Fruit	Orange & Lemon Shortbread Yoghurt / Fresh Fruit 	Tutti Fruity Friday Yoghurt
WEEK THREE 14 Sep 5 Oct 2 Nov 23 Nov 14 Dec	Option 1	Beef Burger in a Bun with Oven Baked Potato Wedges	Chicken Paella	Roast Turkey served with Roast Potatoes & Gravy	Beef Tortilla Stack with Garlic Bread 	MSC Battered Fish with Chips & Tomato Sauce 
	Option 2	Quorn Burger in a Bun with Oven Baked Potato Wedges	Vegetable Pasty with New Potatoes	Homity Pie (Spinach, Potato & Cheese) with Roast Potatoes & Gravy	Vegetarian Lasagne with Garlic Bread	Cheese & Pepper Pinwheel with Chips & Tomato Sauce
	Vegetables	Sweetcorn Peas	Green Beans Carrot Sticks	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
	Dessert	Apple Flapjack Yoghurt / Fresh Fruit  	Marble Cake & Custard Yoghurt / Fresh Fruit	Mandarins & Ice Cream Shortbread & Mandarins for Servery Yoghurt / Fresh Fruit	Orange Drizzle Cake Yoghurt / Fresh Fruit	Tutti Fruity Friday Yoghurt

Available Daily

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