

WHAT'S FOR LUNCH THIS SPRING...



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 SPRING MENU 2021

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Oily Fish
-  Marine Stewardship Council
www.msc.org
Chair of Custody
Reg Code: MML-C1009

	Monday	Tuesday	Wednesday	Thursday	Friday
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	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK ONE 4 Jan 25 Jan 22 Feb 15 Mar	Option 1	Macaroni Cheese	Pork Sausages, Crushed Skin on Potatoes & Gravy	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Chicken Tikka Curry with 50/50 Rice 	Fish Fingers/Salmon Fish Fingers with Chips 
	Option 2	Vegetable Pasta Bake 	Vegetarian Sausages, Crushed Skin on Potatoes & Gravy 	Vegetable Wellington with Roast Potatoes & Gravy 	Lentil & Sweet Potato Curry with 50/50 Rice  	Wholemeal Cheese & Tomato Quiche with Chips 
	Vegetables	Sweetcorn Broccoli	Peas Cabbage	Mixed Vegetables	Broccoli Carrots	Baked Beans Peas
	Dessert	Marble Sponge with Chocolate Sauce Yoghurt / Fresh Fruit	Pineapple Cake with Custard Yoghurt / Fresh Fruit	Apple, Cheese & Crackers Yoghurt / Fresh Fruit	Vanilla Shortbread Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit
WEEK TWO 11 Jan 1 Feb 1 Mar 22 Mar	Option 1	Sausage Roll with Oven Baked Potato Wedges	Beef Bolognaise with Garlic Slice  	Roast Pork, Roast Potatoes & Gravy	Sweet & Sour Chicken with 50/50 Rice 	Fish in Batter with Chips
	Option 2	Red Pepper & Cheese Frittata with Baked Potato Wedges 	Soya Spaghetti Bolognaise with Garlic Slice 	Quorn Roast Fillet with Roast Potatoes & Gravy	Chickpea Curry with 50/50 Rice  	Cheese & Potato Whirl with Chips
	Vegetables	Sweetcorn Baked Beans	Peas Carrots	Mixed Vegetables	Sweetcorn Broccoli	Baked Beans Peas
	Dessert	Oaty Apple Wholemeal Crumble & Custard Yoghurt / Fresh Fruit 	Chocolate Cake with Chocolate Drizzle Yoghurt / Fresh Fruit	Jelly & Mandarins Yoghurt / Fresh Fruit	Orange & Lemon Shortbread Yoghurt / Fresh Fruit 	Yoghurt / Fresh Fruit
WEEK THREE 18 Jan 8 Feb 8 Mar 29 Mar	Option 1	Ham, Cheese & Tomato 50/50 Pizza with Wedges	Chicken Pie, New Potatoes & Gravy	Roast Turkey, Roast Potatoes & Gravy	Minced Beef & Vegetable Hot Pot with Gravy 	Fish Fingers with Chips
	Option 2	Cheese & Tomato 50/50 Pizza with Wedges  	Five Bean Chilli with 50/50 Rice  	Shepherdess Pie with Roast Potatoes	Broccoli & Cheese Pasta Bake	Bean & Lentil Burger with Chips
	Vegetables	BBQ Beans Coleslaw	Carrots Peas	Mixed Vegetables	Green Beans Carrots	Baked Beans Peas
	Dessert	Rice Pudding with Berry Sauce Yoghurt / Fresh Fruit	Banana Sponge & Custard Yoghurt / Fresh Fruit	Peaches & Ice Cream (Shortbread & Peaches for serveryes) Yoghurt / Fresh Fruit	Chocolate & Mandarin Brownie with Cream Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit

Available Daily

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

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