

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.



AUTUMN/WINTER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
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	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK ONE 30 Aug 20 Sep 11 Oct 8 Nov 29 Nov 3 Jan 24 Jan	Option 1	Chicken Arrabiata Pasta	Beef Burger with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes or 50/50 Rice & Gravy	Beef Bolognese with Spaghetti	MSC Fish Fingers/ Salmon Fish Fingers with Chips or Couscous
	Option 2	Macaroni Cheese	Quorn Burger with Potato Wedges	Vegetable & Lentil Wellington with Roast Potatoes or 50/05 Rice & Gravy	Tomato & Lentil Pasta	Glamorgan Bean & Leek Sausage with Chips or Couscous
	Vegetables	Green Beans Carrots	Sweet Peppers Sweetcorn	Cauliflower Broccoli	Green Cabbage Swede	Baked Beans Garden Peas
	Dessert	Yoghurt / Fresh Fruit	Apple Crumble with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Apple, Cheese & Biscuits Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit
WEEK TWO 6 Sep 27 Sep 18 Oct 15 Nov 6 Dec 10 Jan 7 Feb	Option 1	BBQ Chicken Pizza	Meatball & Spaghetti	Roast Turkey with Roast Potatoes or 50/50 Rice & Gravy	Chicken Tikka Masala with 50/50 Rice	MSC Fish in Batter with Chips or Couscous
	Option 2	Cheese & Tomato Pizza	Mixed Bean Cassoulet with Spaghetti	Mixed Vegetable & Chickpea Loaf with Roast Potatoes or 50/50 Rice & Gravy	Roasted Cauliflower & Chickpea Curry with 50/50 Rice	Potato & Spinach Tart with Chips or Couscous
	Vegetables	Baked Tomatoes Sweetcorn	Green Beans Carrots	Red Cabbage Parsnips	Green Cabbage Roast Butternut	Baked Beans Garden Peas
	Dessert	Yoghurt / Fresh Fruit	Pear Crumble with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Peach Upside Down Cake Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit
WEEK THREE 13 Sep 4 Oct 1 Nov 22 Nov 13 Dec 17 Jan 14 Feb	Option 1	Chicken & Bean Fajitas with 50/50 Rice	Cottage Pie with Gravy	Jerk Chicken with Rice or Roast Sweet Potato Wedges	Sweet & Sour Chicken with Egg Noodles	Breaded Fish with Chips or Couscous
	Option 2	Vegetable & Bean Fajitas with 50/50 Rice	Shepherdess Lentil Pie with Gravy	Bean & Lentil Burger with Gravy served with Roast Potatoes or Plain Pasta	Sweet & Sour Vegetables & Butterbean with Egg Noodles	Red Pepper & Cheese Frittata with Chips or Couscous
	Vegetables	Broccoli Sweetcorn	Garden Peas Roast Butternut	Green Beans Red Cabbage	Green Beans Red Cabbage	Baked Beans Baked Tomato
	Dessert	Yoghurt / Fresh Fruit	Rhubarb Crumble with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Eve's Pudding & Custard 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 freshly baked on site daily
- Daily salad selection

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