

# WHAT'S FOR LUNCH THIS SPRING/SUMMER?

**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 set 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's 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.

## 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.

## 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](mailto:hrsupport@caterlinkltd.co.uk)

## ALLERGY INFORMATION

If you would like to know about particular allergens in foods 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.



## WEEK ONE

6 November  
27 November  
18 December  
22 January  
19 February  
11 March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One	Macaroni Cheese	BBQ Chicken with Rice	Roast Chicken with Roast Potatoes & Gravy	Spaghetti Bolognese with Homemade Garlic Bread	Fish Fingers with Chips & Tomato Ketchup
Option Two	Vegetable Curry with Rice	Vegan Meatballs in a Tomato Sauce & Pasta	Vegetable Roast with Roast Potatoes & Gravy	Shepherdess Pie	Vegan Sausages with Chips & Tomato Ketchup
Option Three	Jacket Potato with Baked Beans or Cheese	Jacket Potato with Cheese or Tuna Mayonnaise	Jacket Potato with Baked Beans or Cheese	Jacket Potato with Cheese or Tuna Mayonnaise	Jacket Potato with Cheese or Baked Beans
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas & Baked Beans
Dessert	Cinnamon Swirl	Orange Drizzle Cake with Custard	Strawberry Jelly with Mandarins	Apple Crumble with Custard	Chocolate Shortbread

## WEEK TWO

13 November  
4 December  
8 January  
29 January  
26 February  
18 March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One	Vegetable Pasta Bake	Pork Sausage with Mashed Potato & Gravy	Roast Turkey with Stuffing, Roast Potatoes & Gravy	BBQ Chicken with Rice	Fish Fingers with Chips & Tomato Ketchup
Option Two	Spinach & Cheese Whirl with Cucumber Dip & Potato Wedges	Vegetable Fajitas with Rice	Vegan Sausage with Roast Potatoes & Gravy	BBQ Quorn with Rice	Cheese & Tomato Pizza with Chips
Option Three	Jacket Potato with Baked Beans or Cheese	Jacket Potato with Cheese or Tuna Mayonnaise	Jacket Potato with Baked Beans or Cheese	Jacket Potato with Cheese or Salmon Mayonnaise	Jacket Potato with Cheese or Baked Beans
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas & Baked Beans
Dessert	Lemon & Berry Cake	Eves Pudding with Chocolate Sauce	Chocolate Orange Cookie	Apple Crumble with Custard	Cinnamon Cookie

## WEEK THREE

20 November  
11 December  
15 January  
5 February  
4 March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One	Lentil & Sweet Potato Curry with Rice	Chicken & Broccoli Pasta	Roast Gammon with Roast Potatoes & Gravy	Cottage Pie	Fish Fingers with Chips & Tomato Ketchup
Option Two	Tomato Arrabiata Pasta	Cheese & Tomato Pizza with New Potatoes	Vegan Quorn with Roast Potatoes & Gravy	Vegan Burger with Potato Wedges	Cheese & Red Pepper Frittata with Chips & Tomato Ketchup
Option Three	Jacket Potato with Baked Beans or Cheese	Jacket Potato with Cheese or Tuna Mayonnaise	Jacket Potato with Baked Beans or Cheese	Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket Potato with Cheese or Baked Beans
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas & Baked Beans
Dessert	Vanilla Shortbread	Pear & Chocolate Upside Down Cake with Custard	Strawberry Jelly	Peach Crumble & Custard	Fruity Shortbread

## MENU KEY



Added Plant Power



Wholemeal



Vegan



Chef's Special

ALLERGY INFORMATION:

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**Available Daily:**

Fresh Bread – Salad Selection – Fresh Fruit and Yoghurt



## WEEK ONE

6 November  
27 November  
18 December  
22 January  
19 February  
11 March

Option One	Macaroni Cheese <b>#V11</b>
Option Two	Vegetable Curry with Rice <b>#V148 #SD84</b>
Option Three	Jacket Potato with Baked Beans or Cheese <b>#SD55 #SD22 #V85</b>
Vegetables	Carrots <b>#SD28</b> Green Beans <b>#SD24</b>
Dessert	Pastry Dessert

## MONDAY

## TUESDAY

BBQ Chicken with Rice <b>#C89 #SD84</b> Vegan Meatballs in a Tomato Sauce & Pasta <b>#V163 #V225 #SD11</b>
Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise <b>#SD55 #SD22 #V85 #F11</b>
Peas <b>#SD18</b> Broccoli <b>#SD20</b>
Orange Drizzle Cake with Custard <b>#D182 #D2</b>

## WEDNESDAY

Roast Chicken with Roast Potatoes & Gravy <b>#C4 #SD7 #SD82 #SD118</b> Vegetable Roast with Roast Potatoes & Gravy <b>#V13 #SD7 #SD82 #SD118</b>
Jacket Potato with Baked Beans or Cheese <b>#SD55 #SD22 #V85</b>
Green Beans <b>#SD24</b> Carrots <b>#SD28</b>
Fruit Jelly with Mandarins <b>#D217</b>

## THURSDAY

Spaghetti Bolognese with Homemade Garlic Bread <b>#B37 #SD8 #SD50</b> Shepherdess Pie <b>#V170</b>
Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise <b>#SD55 #SD22 #V85 #F11</b>
Broccoli <b>#SD20</b> Carrots <b>#SD28</b>
Plum & Vanilla Crumble with Custard <b>#D5 #D2</b>

## FRIDAY

Fish Fingers with Chips & Tomato Ketchup <b>#F6 #SD5 #SD14</b> Vegan Sausage with Chips & Tomato Ketchup <b>#V182 #SD5 #SD14</b>
Jacket Potato with Cheese or Tuna Mayonnaise <b>#SD55 #SD22 #V85 #F11</b>
Peas <b>#SD18</b> Baked Beans <b>#SD22</b>
Chocolate Shortbread <b>#D80</b>

## WEEK TWO

13 November  
4 December  
8 January  
29 January  
26 February  
18 March

Option One	Wholemeal Vegetable Pasta Bake <b>#V16</b>
Option Two	Spinach & Cheese Whirl with Cucumber Dip & Wedges <b>#GR2 #GR3 #SD6</b>
Option Three	Jacket Potato with Baked Beans or Cheese <b>#SD55 #SD22 #V85</b>
Vegetables	Broccoli <b>#SD20</b> Peas <b>#SD18</b>
Dessert	Lemon & Berry Cake <b>#D183</b>

Pork Sausage with Mashed Potato & Gravy <b>#P3 #SD1 #SD118</b> Vegetable Fajitas with Rice <b>#V63 #SD84</b>
Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise <b>#SD55 #SD22 #V85 #F11</b>
Green Beans <b>#SD24</b> Carrots <b>#SD28</b>
Eves Pudding with Chocolate Sauce <b>#D189 #D3</b>

Roast Turkey with Stuffing, Roast Potatoes & Gravy <b>#T1 #SD40 #SD7 #SD82 #SD118</b> Vegan Sausage with Roast Potatoes & Gravy <b>#V182 #SD7 #SD82 #SD118</b>
Jacket Potato with Baked Beans, Cheese or Salmon Mayonnaise <b>#SD55 #SD22 #V85</b>
Carrots <b>#SD28</b> Peas <b>#SD18</b>
Chocolate Orange Cookie <b>#D230</b>

Greek Chicken Pitta with Cucumber Dip & Wedges <b>#GR1 #GR3 #SD6</b> BBQ Quorn with Rice <b>#V205 #SD84</b>
Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise <b>#SD55 #SD22 #V85 #F11</b>
Greek Salad <b>#GR4</b> Broccoli <b>#SD20</b>
Apple Crumble with Custard <b>#D71 #D2</b>

Fish Fingers with Chips & Tomato Ketchup <b>#F6 #SD5 #SD14</b> Cheese & Tomato Pizza with Chips <b>#V171 #SD5</b>
Jacket Potato with Cheese or Tuna Mayonnaise <b>#SD55 #SD22 #F11</b>
Peas <b>#SD18</b> Baked Beans <b>#SD22</b>
Cinnamon Cookie <b>#D195</b>

## WEEK THREE

20 November  
11 December  
15 January  
5 February  
4 March

Option One	Lentil & Sweet Potato Curry with Rice <b>#V108 #SD84</b>
Option Two	Tomato Arrabiata Pasta <b>#V188 #SD11</b>
Option Three	Jacket Potato with Baked Beans or Cheese <b>#SD55 #SD22 #V85</b>
Vegetables	Carrots <b>#SD28</b> Peas <b>#SD18</b>
Dessert	Vanilla Shortbread <b>#D57</b>

Chicken & Broccoli Pasta <b>#C88</b> Cheese & Tomato Pizza with New Potatoes <b>#V171 #SD2</b>
Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise <b>#SD55 #SD22 #V85 #F11</b>
Green Beans <b>#SD24</b> Carrots <b>#SD28</b>
Pear and Chocolate Cake with Custard <b>#D207 #D2</b>

Roast Gammon with Roast Potatoes & Gravy <b>#P5 #SD7 #SD82 #SD118</b> Vegan Quorn with Roast Potatoes & Gravy <b>#V204 #SD7 #SD82 #SD118</b>
Jacket Potato with Baked Beans or Cheese <b>#SD55 #SD22 #V85</b>
Broccoli <b>#SD20</b> Peas <b>#SD18</b>
Raspberry Jelly <b>#D215</b>

Cottage Pie <b>#B38</b> Vegan Burger with Potato Wedges <b>#V164 #SD6</b>
Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise <b>#SD55 #SD22 #V85 #F11</b>
Carrots <b>#SD28</b> Green Beans <b>#SD24</b>
Peach Crumble & Custard <b>#D19 #D2</b>

Fish Fingers with Chips & Tomato Ketchup <b>#F6 #SD5 #SD14</b> Cheese & Red Pepper Frittata with Chips & Tomato Ketchup <b>#V24 #SD5 #SD14</b>
Jacket Potato with Cheese or Tuna Mayonnaise <b>#SD55 #V85 #F11</b>
Peas <b>#SD18</b> Baked Beans <b>#SD22</b>
Fruity Shortbread <b>#D96</b>

## MENU KEY



Added Plant Power



Wholemeal



Vegan



Chef's Special

Available Daily:

Fresh Bread – Salad Selection – Fresh Fruit and Yoghurt

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