

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

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
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
Option Three	Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese	Jacket Potato with Cheese and Baked Beans
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas & Baked Beans
Dessert	Pastry Dessert	Orange Drizzle Cake with Custard	Fruit Jelly with Mandarins	Plum & Vanilla 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	Greek Chicken Pitta with Cucumber Dip & Potato Wedges	Fish Fingers with Chips
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	Jacket Potato with Cheese	Jacket Potato with Baked Tuna Mayonnaise	Jacket Potato with Cheese	Jacket Potato with Cheese and Baked Beans
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Greek Salad	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
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
Option Three	Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese	Jacket Potato with Cheese and Baked Beans
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas & Baked Beans
Dessert	Vanilla Shortbread	Pear & Chocolate Upside Down Cake with Custard	Raspberry Jelly	Peach Crumble & Custard	Fruity Shortbread

MENU KEY



Added Plant Power



Wholemeal



Vegan



Chef's Special

Available Daily:
Fresh Bread – Salad Selection – Fresh Fruit

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WEEK ONE

6 November
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11 March

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

MONDAY

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

WEEK TWO

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

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

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

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

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

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

WEEK THREE

20 November
11 December
15 January
5 February
4 March

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

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

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

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

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

MENU KEY



Added Plant Power



Wholemeal



Vegan



Chef's Special

Available Daily:

Fresh Bread – Salad Selection – Fresh Fruit and Yoghurt

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