

# 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.

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## WEEK ONE

17 April  
8 May  
5 June  
26 June  
17 July  
11 September  
2 October  
23 October

Option One	Macaroni Cheese	Beef Lasagne with Homemade Garlic Bread	Roast Chicken with Roast Potatoes & Gravy	Minced Beef & Onion Pie with New Potatoes	Fish Fingers with Chips
Option Two	Vegan Meatballs with Tomato Sauce & Rice	Five Bean Chilli with Rice	Sweet Potato & Spinach Flan with Roast Potatoes & Gravy	Vegan Spaghetti Bolognese	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 Baked Beans & Cheese
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas & Baked Beans
Dessert	Vanilla Shortbread	Sticky Toffee Apple Crumble with Custard	Fruit Jelly with Mandarins	Vanilla Sponge with Custard	Chocolate Shortbread

## WEEK TWO

24 April  
15 May  
12 June  
3 July  
24 July  
18 September  
9 October

Option One	Wholemeal Vegetable Pasta Bake	Pork Sausage with Mashed Potato & Tomato Relish	Roast Turkey with Stuffing, Roast Potatoes & Gravy	Chef's Special Chicken Korma with Rice	Salmon Fish Fingers/ Fish Fingers with Chips
Option Two	Spanish Omelette with Potato Wedges	Pilau Rice with Five Beans	Vegetable Wellington with Roast Potatoes & Gravy	Cheese & Tomato Pinwheel with New Potatoes	Beetroot Burger 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 Baked Beans & Cheese
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas & Baked Beans
Dessert	Lemon & Cucumber Sponge	Marble Sponge with Custard	Oaty Cookie	Peach Crumble & Custard	Apple, Cheese & Crackers

## WEEK THREE

1 May  
22 May  
19 June  
10 July  
4 September  
25 September  
16 October

Option One	Vegetable Stir Fry Noodles	Spaghetti Bolognese	Roast Gammon with Roast Potatoes & Gravy	Chicken Enchiladas with Rice	Fish Fingers with Chips
Option Two	Vegan Sausage with Mashed Potato & Gravy	Lentil & Sweet Potato Curry with Rice	Vegan Quorn with Roast Potatoes & Gravy	Cheese & Tomato Pizza 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 Baked Beans & Cheese
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas & Baked Beans
Dessert	Peaches with Ice Cream	Pear & Chocolate Upside Down Cake with Custard	Apple Flapjack	Banana Sponge with 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

17 April  
8 May  
5 June  
26 June  
17 July  
11 September  
2 October  
23 October

Option One

Macaroni Cheese **#V11**

Option Two

Vegan Meatballs with  
Tomato Sauce & Rice  
**#V163 #V225 #SD84**

Jacket Potato

Baked Beans **#SD22**

Vegetables

Carrots **#SD28**  
Green Beans **#SD24**

Dessert

Vanilla Shortbread **#D57**

## MONDAY

## TUESDAY

Beef Lasagne with  
Homemade Garlic Bread  
**#B39 #SD50**

Five Bean Chilli with Rice  
**#V138 #SD84**

Cheese **#V85**

Peas **#SD18**  
Broccoli **#SD20**

Sticky Toffee Apple  
Crumble with Custard  
**#D72 #D2**

## WEDNESDAY

Roast Chicken with  
Roast Potatoes & Gravy  
**#C4 #SD7 #SD82 #SD118**

Sweet Potato & Spinach  
Flan with Roast Potatoes  
& Gravy **#V213 #SD7**  
**#SD82 #SD118**

Tuna Mayonnaise **#F11**

Cauliflower **#SD27**  
Carrots **#SD28**

Fruit Jelly with Mandarins  
**#D217**

## THURSDAY

Minced Beef & Onion Pie with  
New Potatoes **#B45 #SD2**

Vegan Spaghetti Bolognaise  
**#V169 #SD8**

Cheese **#V85**

Broccoli **#SD20**  
Sweetcorn **#SD19**

Vanilla Sponge with Custard  
**#D193 #D2**

## FRIDAY

Fish Fingers with Chips **#F6**  
**#SD5**

Vegan Sausage with  
Chips **#V182 #SD5**

Baked Beans & Cheese  
**#SD22 #V85**

Peas **#SD18**  
Baked Beans **#SD22**

Chocolate Shortbread **#D80**

## WEEK TWO

24 April  
15 May  
12 June  
3 July  
24 July  
18 September  
9 October

Option One

Wholemeal Vegetable  
Pasta Bake **#V16**

Option Two

Spanish Omelette with  
Potato Wedges **#V9 #SD6**

Jacket Potato

Baked Beans **#SD22**

Vegetables

Broccoli **#SD20**  
Peas **#SD18**

Dessert

Lemon & Cucumber  
Sponge **#D184**

Pork Sausage with  
Mashed Potato & Tomato  
Relish **#P3 #SD1 #BB16**

Jollof Rice with Five Beans  
**#QB7**

Cheese **#V85**

Cauliflower **#SD27**  
Sweetcorn **#SD19**

Marble Sponge with Custard  
**#D199 #D2**

Roast Turkey with Stuffing,  
Roast Potatoes & Gravy  
**#T1 #SD40 #SD7 #SD82 #SD118**

Vegetable Wellington  
with Roast Potatoes &  
Gravy **#V12 #SD7 #SD82**  
**#SD118**

Tuna Mayonnaise **#F11**

Carrot **#SD28**  
Broccoli **#SD20**

Oaty Cookie **#D85**

Chef's Special Chicken  
Korma with Rice  
**#C86 #SD84**

Cheese and Tomato  
Pinwheel with New  
Potatoes **#V40 #SD2**

Cheese **#V85**

Green Beans **#SD24**  
Carrots **#SD28**

Peach Crumble & Custard  
**#D19 #D2**

Salmon Fish Fingers/ Fish  
Fingers with Chips **#F1 #F6**  
**#SD5**

Beetroot Burger with  
Chips **#BB3 #SD5**

Baked Beans & Cheese  
**#SD22 #V85**

Peas **#SD18**  
Baked Beans **#SD22**

Apple, Cheese & Crackers  
**#D4**

## WEEK THREE

1 May  
22 May  
19 June  
10 July  
4 September  
25 September  
16 October

Option One

Chinese Vegetable  
Noodles **#V215**

Option Two

Vegan Sausage with  
Mashed Potato & Gravy  
**#V182 #SD1 #SD118**

Jacket Potato

Baked Beans **#SD22**

Vegetables

Carrots **#SD28**  
Peas **#SD18**

Dessert

Peaches with Ice Cream  
**#D166 #D13**

Spaghetti Bolognaise **#B37**  
**#SD8**

Lentil & Sweet Potato Curry  
with Rice **#V108 #SD84**

Cheese **#V85**

Broccoli **#SD20**  
Sweetcorn **#SD19**

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**

Tuna Mayonnaise **#F11**

Cauliflower **#SD27**  
Peas **#SD18**

Apple Flapjack **#D171**

Chicken Enchiladas with Rice  
**#C14 #SD84**

Cheese & Tomato Pizza  
with Potato Wedges  
**#V31 #SD6**

Cheese **#V85**

Carrots **#SD28**  
Broccoli **#SD20**

Banana Sponge with Custard  
**#D173 #D2**

Fish Fingers with Chips  
**#F6 #SD5**

Cheese & Red Pepper Frittata  
with Chips **#V24 #SD5**

Baked Beans & Cheese  
**#SD22 #V85**

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

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