

# menu

available every day

## one

21st Apr, 12th May, 9th Jun, 30th Jun, 21st Jul

**Organic beef chilli** with rice  
**Macaroni cheese**   
**Sweetcorn & courgette**  
**Peach crumble** with custard  
 Yoghurt, fresh fruit platter

**Chicken neapolitan pasta** (50/50 mix) with garlic bread  
**Vegetarian** (veggie mince) lasagne   
 with garlic bread  
**Broccoli & mixed peppers**  
**Apple & sultana flapjack**  
 Yoghurt, fresh fruit platter

**Roast turkey** with roast potatoes & gravy  
**Mixed bean & vegetable loaf**   
 with roast potatoes  
**Mediterranean roasted vegetables**  
**Fruit jelly**  
 Yoghurt, fresh fruit platter

**Shepherds pie**  
**Shepherdess pie**   
**Green beans & carrots**  
**Lemon & mandarin orange citrus sponge**  
 Yoghurt, fresh fruit platter

**Battered pollock**   
 with chipped potatoes  
**Spanish omelette**   
 with chipped potatoes  
**Garden peas & roast tomato**  
 Yoghurt, fresh fruit platter

## two

28th Apr, 19th May, 16th Jun, 7th Jul

**Turkey & leek pie** with new potatoes  
**Mixed bean cassoulet**   
 with rice  
**Mixed garden vegetables & mixed salad**  
**Chocolate & beetroot brownie**  
 Yoghurt, fresh fruit platter

**Lamb & vegetable noodle stir fry**  
**Mushroom & lentil bake**   
**Broccoli & sweetcorn**  
**Apple strudel**  
 Yoghurt, fresh fruit platter

**Roast beef** with yorkshire pudding, new potatoes & gravy  
**or beef stew**  
**Quorn & vegetable roast**   
 with new potatoes & gravy  
**Carrots & courgette**  
**Fruit jelly**  
 Yoghurt, fresh fruit platter

**Chicken jalfrezi** with boiled rice  
**Feta, tomato & spinach quiche**   
 with new potatoes  
**Green beans & roasted mixed vegetables**  
**Oaty fruit crumble**  
 Yoghurt, fresh fruit platter

**Salmon fish fingers**   
 with chipped potatoes  
**Spicy bean burger**   
 with chipped potatoes  
**Garden peas & carrots**  
 Yoghurt, fresh fruit platter

## three

5th May, 2nd Jun, 23rd Jun, 14th Jul

**Lamb sausage** with mash potato & gravy  
**Vegetarian sausage**   
 with mash potato & gravy  
**Carrots & broccoli**  
**Pear & ice-cream**  
 Yoghurt, fresh fruit platter

**Organic BBQ chicken pizza** with baked potato wedges  
**Cheese & tomato calzone**   
 with baked potato wedges  
**Cucumber batons & grated carrots**  
**Fruity shortbread**  
 Yoghurt, fresh fruit platter

**Roast chicken** with stuffing & potato salad  
**Butter bean & cauliflower cheese**   
**Mixed salad & green beans**  
**Fruit jelly**  
 Yoghurt, fresh fruit platter

**Beef goulash** with boiled rice  
**Quorn & vegetable stir fry**   
 with noodles  
**Broccoli & mixed vegetables**  
**Carrot & sultana cake**  
 Yoghurt, fresh fruit platter

**Breaded pollock fish**   
 with chipped potatoes  
**Chickpea & potato croquettes**   
 with tomato sauce  
**Garden peas & sweetcorn**  
 Yoghurt, fresh fruit platter

**Jacket potatoes** freshly cooked daily where advertised with a choice of fillings

**Bread** freshly baked cooked on site daily

**Daily salad selection** there will be a selection of salad items available daily

**Custard** served as an accompaniment to all hot desserts

We use locally sourced ingredients when available and in season.

All menus may be subject to local change, please check with your child's school for any bespoke changes and for the dates of our theme lunches.

Vegetarian option

Oily fish

Marine Stewardship Council details  
 Web: [www.msc.org](http://www.msc.org)  
 Chain of Custody Registration Code  
 MML - C 1009

monday  
tuesday  
wednesday  
thursday  
friday

# What's for lunch this Summer...

**caterlink**  
feeding the imagination



**Caterlink is an award winning food service provider, catering for primary schools.**

We are passionate about providing your children with award winning Food for Life freshly prepared school lunches that are true to our fresh food heritage. We track down the best fresh produce and ensure it reaches each school kitchen as quickly as possible. Our chefs use RSPCA Freedom Food Free Range Eggs, Marine Stewardship Council approved sustainable fish and Red Tractor approved fresh meat. The British countryside and its farmers need our support and we are more than happy to give it!

JoJoe Crow, our friendly primary school mascot, is always out in our sponsored school kitchen gardens helping pupils learn about the benefits of a healthy diet using home grown produce.



## keep in touch

Your comments are important to us and we value your feedback. Visit our informative web link: [www.mycaterlink.co.uk/lbc](http://www.mycaterlink.co.uk/lbc)  
 email [info@caterlinkltd.co.uk](mailto:info@caterlinkltd.co.uk)  
 or call 01892 824604

All our menus are nutritionally analysed to ensure they meet and in most cases exceed **The School Food Trust's Nutrient Standards**. We hope your child enjoys our new menus.

**Are you claiming your free school meal?**  
 If you are in receipt of certain benefits, your child may be eligible for free school meals. Please contact the school reception for an application form.



**THEME DAYS**  
available this term



Please visit the website for current updates:  
[www.mycaterlink.co.uk/lbc](http://www.mycaterlink.co.uk/lbc)



In Partnership with:



Although Caterlink makes every endeavour to eliminate the use of nuts in our food production we cannot guarantee a 100% nut free menu.

Camden

Theme Days will be at participating schools only.