

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.

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.

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.



Autumn Menu 2021



Monday

Tuesday

Wednesday

Thursday

Friday

WEEK ONE

30 Aug
20 Sept
11 Oct
8 Nov
29 Nov
3 Jan
24 Jan

Option 1	Vegetable & Red Kidney Bean Pasta Bake	Beef Burger with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes or 50/50 Rice and Gravy	Beef Bolognaise with Spaghetti	MSC Fishfingers/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 and Gravy	Tomato and 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	Fruit & Yoghurt	Apple Crumble with Custard	Fruit & Yoghurt	Apple, Cheese and Biscuits	Fruit & Yoghurt

WEEK TWO

6 Sept
27 Sept
18 Oct
15 Nov
6 Dec
10 Jan
7 Feb

Option 1	Roast Vegetable Pizza	Meatball and Spaghetti	Roast Turkey with Roast Potatoes or 50/50 Rice and Gravy	Chicken Tikka Masala with 50/50 Rice	MSC Fish in Batter with Chips or Couscous
Option 2	Cheese and Tomato Pizza	Mixed Bean Cassoulet with Spaghetti	Mixed Vegetable & chickpea Loaf with Roast Potatoes or 50/50 Rice and 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	Fruit & Yoghurt	Pear Crumble with Custard	Fruit & Yoghurt	Peach Upside Down Cake	Fruit & Yoghurt

WEEK THREE

13 Sept
4 Oct
1 Nov
22 Nov
13 Dec
17 Jan
14 Feb

Option 1	5 Bean Chilli with 50/50 Rice	Soup of the Day with Filled Baguettes	Jerk Chicken with Rice or Roast Sweet Potato wedges	Jacket Potato Day With Toppings	Breaded Fish with chips or Couscous
Option 2	Vegetable and Bean Fajitas with 50/50 Rice	Soup of the Day with Filled Baguettes	Lentil & Basil Puff Pastry Whirl with Jolof Rice or Sweet Potato Wedges	Jacket Potato Day With Toppings	Red Pepper & Cheese Frittata with chips or Couscous
Vegetables	Broccoli Sweetcorn	Selection of Salads	Carrots Savoy Cabbage	Selection of Salads	Baked Beans Baked Tomato
Dessert	Fruit & Yoghurt	Rhubarb Crumble with Custard	Fruit & Yoghurt	Eves Pudding and Custard	Fruit & Yoghurt

Available Daily:
Freshly cooked jacket potatoes with a choice of fillings

Fresh Wholemeal and other flavoured Bread baked on site daily

Fresh salad selection

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