

WHAT'S FOR LUNCH THIS SPRING...



Caterlink is an award-winning food service provider catering for primary schools across the country.



We are passionate about providing your children with award-winning Food for Life Served Here 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.

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.

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.



SPRING MENU 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
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	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK ONE 4 Jan 25 Jan 22 Feb 15 Mar	Option 1	MEAT FREE MONDAY Macaroni Cheese 	Chicken Sausages, Mashed Potatoes & Gravy	Roast Beef with Stuffing & Gravy served with Roast Potatoes or Plain Pasta	Chicken Tikka Curry with 50/50 Rice 	Fish Fingers / Salmon  Fish Fingers with Oven Baked Chips or Couscous
	Option 2	Vegetable & Red Kidney Bean Pasta Bake 	Vegetarian Sausages, Mashed Potatoes & Gravy 	Vegetable Wellington with Stuffing & Gravy served with Roast Potatoes or Plain Pasta 	Chickpea Curry with 50/50 Rice 	Spanish Omelette with Oven Baked Chips or Couscous
	Vegetables	Sweetcorn Peppers	Cauliflower Florets Cabbage	Swede & Carrot Mash Green Beans	Broccoli Carrots	Baked Beans Peas Baked Tomato
	Dessert	Yoghurt / Fresh Fruit	Pear & Raisin Upside Down Cake Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Peach Crumble & Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit
WEEK TWO 11 Jan 1 Feb 1 Mar 22 Mar	Option 1	MEAT FREE MONDAY Sweet & Sour Butter Bean with Vegetables with Couscous	Mexican Beef Chilli with 50/50 Rice 	Roast Chicken with Gravy served with Roast Potatoes or Plain Pasta 	Turkey & Chickpea Aloo Chaat with 50/50 Rice 	Fish in Batter with Oven Baked Chips or Sweet Potato Mash
	Option 2	Quorn Chow Mein with Egg Noodles	Five Bean Chilli with 50/50 Rice 	Chickpea & Vegetable Loaf with Gravy served with Roast Potatoes or Plain Pasta 	Lentil & Sweet Potato Curry with 50/50 Rice 	Cheese & Tomato Quiche with Chips or Sweet Potato Mash
	Vegetables	Sweetcorn Broccoli	Green Beans Carrots	Cauliflower Florets Red Cabbage	Broccoli Baked Tomatoes	Baked Beans Peas
	Dessert	Yoghurt / Fresh Fruit	Blackberry & Apple Cobbler with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Peach Upside Down Cake Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit
WEEK THREE 18 Jan 8 Feb 8 Mar 29 Mar	Option 1	MEAT FREE MONDAY Mixed Vegetable Wholemeal Pizza 	Turkey & Leek Pie with Gravy 	Roast (as advertised), with Gravy served with Roast Potatoes or Plain Pasta	Beef Bolognese with  Wholemeal Spaghetti 	Breaded Fish with Oven Baked Chips or Steamed New Potato
	Option 2	Cheese & Tomato Wholemeal Pizza 	Lentil & Basil Whirl with Mash Potato & Gravy 	Bean & Lentil Burger with Gravy served with Roast Potatoes or Plain Pasta 	Soya & Vegetable Bolognese with Wholemeal Spaghetti 	Mixed Pepper Frittata with Oven Baked Chips or Steamed New Potato
	Vegetables	Cauliflower Florets Baked Tomatoes	Sweetcorn Broccoli	Green Beans Red Cabbage	Broccoli Carrots	Baked Beans Peas
	Dessert	Yoghurt / Fresh Fruit	Banana Sponge & Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Pear & Strawberry Crumble with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Oily Fish
-  Marine Stewardship Council
- www.msc.org
- Chair of Custody
- Reg Code: MML-C1009

- Available Daily**
- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
 - Bread freshly baked on site daily
 - Daily salad selection

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