

# WHAT'S FOR LUNCH THIS SPRING...

**caterlink**  
feeding the imagination



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 menu. 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](mailto: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 Meal 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

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday
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<b>Week One</b>  04/01 25/01 22/02 15/03	Option 1	Wholemeal Cheese & Tomato Pizza with Jacket Wedges	Beef Chilli * with 50/50 Rice  	Roast Chicken * with Stuffing, Roast Potatoes and Gravy	Chicken Tikka Curry * with 50/50 Rice  	MSC Salmon Fish Fingers with Chips
	Option 2	Soya Spaghetti Bolognaise 	Vegetable Hotpot 	Vegetable Wellington with Roast Potatoes and Gravy 	Vegetable Enchiladas with 50/50 Rice 	Wholemeal Cheese and Tomato Quiche with Chips 
	Vegetables	Sweetcorn Peppers	Carrots Green Beans	Swede Peas	Broccoli Carrots	Baked Beans Peas
	Dessert	Fruit Crumble with Custard 	Mandarins with Ice Cream	Fresh Fruit Salad 	Marble Sponge and Custard	Vanilla Shortbread with Fruit 
	Or a choice of Yoghurt & Fresh Fruit available daily					

<b>Week Two</b>  11/01 01/02 01/03 22/03	Option 1	Macaroni	Beef Burger * in a Bun with Jacket Wedges	Roast Pork * with Roast Potatoes and Gravy	Chicken * and Red Pepper Pizza with Wedges 	MSC Fish in Batter with Chips
	Option 2	Tomato and Vegetable Pasta 	Quorn Burger in a Bun with Jacket Wedges	Quorn Roast Fillet with Roast Potatoes and Gravy	Vegetable Lasagne	Cheese Frittata with Chips
	Vegetables	Sweetcorn Broccoli	Baked Beans Carrots	Cauliflower Carrots	Sweetcorn Green Beans	Baked Beans Peas
	Dessert	Oaty Apple Crumble and Custard 	Rice Pudding with Mixed Berries	Chocolate Sponge with Chocolate Sauce	Pear and Ginger Slice	Peaches and Ice Cream
	Or a choice of Yoghurt & Fresh Fruit available daily					

<b>Week Three</b>  18/01 08/02 08/03 29/03	Option 1	Cheese and Tomato Pizza with Jacket Wedges 	Pork Sausage * Mashed Potatoes and Gravy	Roast Turkey *, Roast Potatoes and Gravy	Chicken * and Sweetcorn Pie, New Potatoes and Gravy	MSC Fish Fingers with Chips
	Option 2	Broccoli and Cheese Pasta Bake	Vegetarian Sausages, Mashed Potato and Gravy 	Lentil & Basil Puff Pastry with Roast Potatoes 	Five Bean Chilli with 50/50 Rice  	Vegan Mexican Bean Roll with Chips 
	Vegetables	Roast Peppers Green Beans	Baked Tomatoes Sweetcorn	Peas Roasted Seasonal Vegetables	Green Beans Carrots	Baked Beans Peas
	Dessert	Carrot & Courgette Cake with Custard	Jelly with Mandarins	Oaty Cookie  	Fresh Fruit Salad 	Chocolate and Mandarin Brownie
	Or a choice of Yoghurt & Fresh Fruit available daily					

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

**\* Halal Option Available**

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