

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.



KENT AUTUMN/WINTER MENU

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Chef's Special

	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK ONE 31 Oct 21 Nov 12 Dec 16 Jan 6 Feb 6 March 27 March	Option 1	Tomato Pasta 	BUILD A BURGER DAY  A choice of Burger (meat, veggie or vegan) with Toppings and Potato Wedges 	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Chicken Tikka Masala with Rice  	Fishfingers/ Salmon Fishfingers with Chips
	Option 2	Cheesy Swirl with New Potatoes		Crunchy Top Veg Bake with Roast Potatoes 	Veggie Wrap Stack with Rice 	Cheese Omelette with Chips
	Vegetables	Sweetcorn Green Beans	Coleslaw Peas	Carrots Cabbage	Peas Cauliflower	Peas Baked Beans
	Dessert	Pear & Chocolate Crumble with Custard Yoghurt / Fresh Fruit 	Jelly & Fruit Yoghurt / Fresh Fruit 	Rice Pudding & Mixed Berries Yoghurt / Fresh Fruit 	Yoghurt & Raisin Cake Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit

WEEK TWO 7 Nov 28 Nov 2 Jan 23 Jan 20 Feb 13 March	Option 1	MAC & CHEESE STATION  A choice of different Mac & Cheese flavours, with vegetarian toppings Jacket Potato with Beans  	Spaghetti Bolognaise with Garlic Bread 	Sausage, Onions & Gravy with Roast Potatoes 	Chicken Pie with Crushed Potato 	Fishfingers with Chips
	Option 2		Veggie Shepherd's Pie 	Cauliflower & Broccoli Cheese with Roast Potatoes 	Vegetable Fajitas with Rice 	Mexican Roll with Chips 
	Vegetables	Peas Carrot	Broccoli Sweetcorn	Mixed Vegetables	Green Beans Carrots	Peas Baked Beans
	Dessert	Oaty Cookie Yoghurt / Fresh Fruit 	Chocolate Apple Sponge with Custard Yoghurt / Fresh Fruit 	Jelly With Mandarins Yoghurt / Fresh Fruit  	Chocolate Drizzle Cake Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit

WEEK THREE 14 Nov 5 Dec 9 Jan 30 Jan 27 Feb 20 March	Option 1	Cheese and Tomato Pizza With New Potatoes  	Sausage Roll with Potato Wedges 	QUIRKY BIRD  A choice of flavoured chicken x 2 flavours or vegan Quorn Fillet, with Rice & Salads	Sticky Chicken Noodles  	Fishfingers with Chips
	Option 2	Veggie Chilli with Rice  	Veggie Sausage with Potato Wedges		Chinese Vegetable Curry with Rice	Cheese Quiche with Chips
	Vegetables	Sweetcorn Carrots	Baked Beans Green Beans	Sweetcorn Peas Quirky Bird Salads x 2	Broccoli Carrots	Peas Baked Beans
	Dessert	Sticky Toffee Apple Crumble with Custard Yoghurt / Fresh Fruit  	Chocolate Cookie Yoghurt / Fresh Fruit  	Apple, Cheese & Crackers Yoghurt / Fresh Fruit	Eves Pudding with Cream Yoghurt / Fresh Fruit	Fresh Fruit or Yoghurt

Available Daily

- Freshly cooked jacket potatoes with a choice of fillings
- Bread freshly baked
- Daily salad selection
- Yoghurt & Fresh Fruit Dessert Options

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