

# 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 set 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's 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.

## 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**

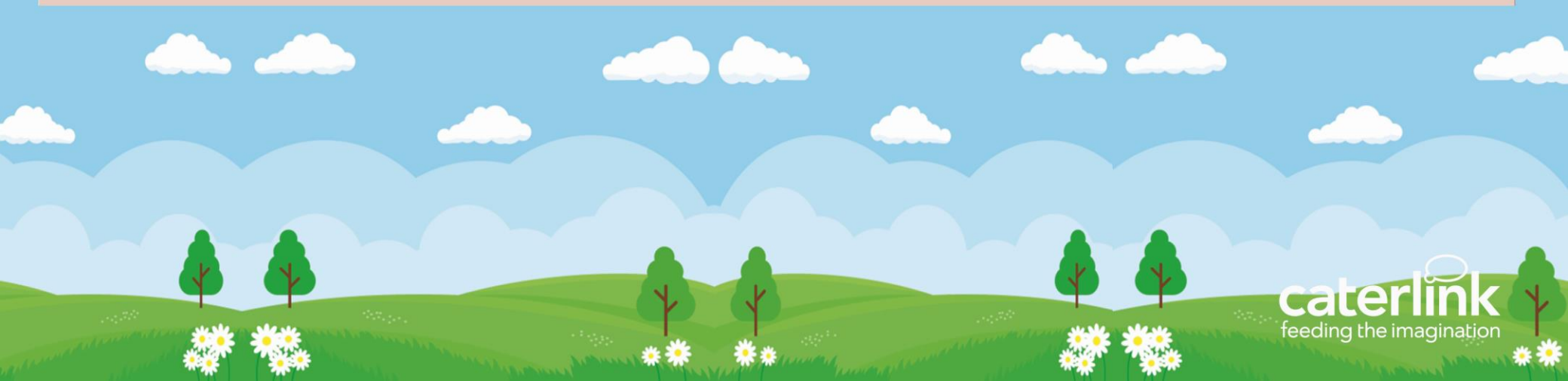
Low Income - Are you missing out? To check if you are entitled to Free School Meals entitlement ask at your school office.

## 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)

## ALLERGY INFORMATION

If you would like to know about particular allergens in foods 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. 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.



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### WEEK ONE

04/11/2024  
25/11/2024  
16/12/2024  
20/01/2025  
10/02/2025  
10/03/2025  
31/03/2025


#### Option 1


**NEW** Tomato & Vegetable Pasta 

Cottage Pie with Gravy 

Peri Peri or BBQ Chicken with Diced Seasoned Potatoes & Sweetcorn Salsa





Peri Peri or BBQ Quorn with Diced Seasoned Potatoes & Sweetcorn Salsa 

Meatballs in Tomato Sauce with Rice 

Salmon Fishfingers/ Fishfingers with Chips & Tomato Sauce

#### Option 2


Jacket Potato with selection of Toppings

**NEW** Creamy Vegetable and Coconut Curry with Rice  

Jacket Potato with selection of Toppings

Jacket Potato with selection of Toppings

Melting Moment Biscuit

Blackberry and Apple Crumble with Cream 

Fruit Platter 


Carrot Cake

Chocolate Orange Cookie 

### WEEK TWO



11/11/2024  
02/12/2024  
06/01/2025  
27/01/2025  
24/02/2025  
17/03/2025

#### Option 1

Classic Cheese and Tomato Pizza with Potato Wedges 


**NEW** Chicken Pasta Bake with Garlic Bread

Sausage and Mash with Gravy


Chicken Tikka Masala with Rice  

**NEW** Tuna Pasta Bake or Fishfingers with Chips & Tomato Sauce

#### Option 2

Rainbow Pizza with Potato Wedges 

Chinese Vegetable Curry with Rice  

Vegan Sausage and Mash with Gravy 

Jacket Potato with selection of Toppings

Jacket Potato with selection of Toppings

Fruit & Yoghurt

Peach Cake

Fruit Medley 

Marble Sponge Cake with Chocolate Sauce

Apple Flapjack

### WEEK THREE


18/11/2024  
09/12/2024  
13/01/2025  
03/02/2025  
03/03/2025  
24/03/2025

#### Option 1

Macaroni Cheese

**NEW** Mild Caribbean Chicken with Rice and Peas

Roast Chicken with Stuffing, Roast Potatoes and Gravy


Spaghetti Bolognese 

Breaded Fish with Chips & Tomato Sauce

#### Option 2


Jacket Potato with selection of Toppings



**NEW** Caribbean Butterbean Stew with Rice and Peas 


Vegetable Pasty with Stuffing, Roast Potatoes and Gravy

Jacket Potato with selection of Toppings

Cheese and Tomato Quiche with Chips & Tomato Sauce 

Chocolate Brownie

Sticky Toffee Apple Crumble with Custard 

Fruit Salad 

**NEW** Savoury Cheese Scone

Vanilla Shortbread 

### MENU KEY



Added Plant Power



Wholemeal



Vegan

**Available Daily:** Fresh Bread – Fresh Salad Selection – Fresh Fruit and Yoghurt

#### ALLERGY INFORMATION:

If you would like to know about particular allergens in foods 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. 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.