

# 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**

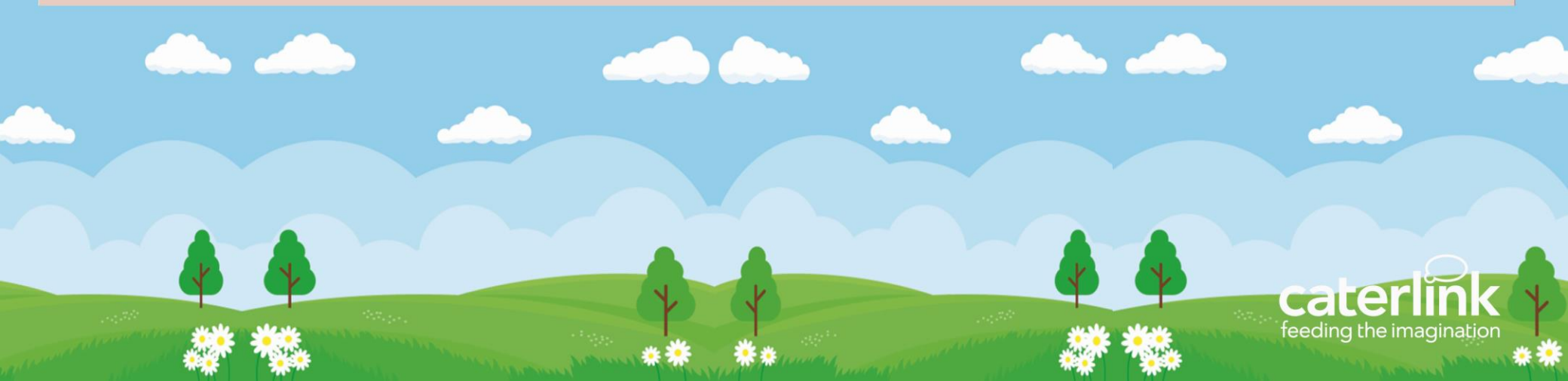
Low Income - Are you missing out? To check if you are entitled to Free School Meals entitlement ask at your school office.

## 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.



Autumn/ Winter  
2023/ 2024

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### WEEK ONE

30/10/2023  
20/11/2023  
11/12/2023  
15/01/2024  
05/02/2024  
04/03/2024  
25/03/2024

Option one	Cheese and Tomato Pizza with Pasta Salad	A choice of Burger (Beef or Vegan) with Toppings and Potato Wedges	Roast of the Day, Stuffing Roast Potatoes & Gravy	Spaghetti Bolognese with Garlic Bread	Fishfingers with Chips & Tomato Sauce
Option two	Jacket Potato Bar		Veg Wellington, Stuffing, Roast Potatoes & Gravy	Veggie Bolognese with Garlic Bread	Jacket Potato Bar
Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
Dessert	Fruit & Yoghurt	Lemon Drizzle	Freshly Chopped Fruit Medley	<b>NEW</b> Jam Sponge with Custard	Oaty Cookie

### WEEK TWO

06/11/2023  
27/11/2023  
18/12/2023  
22/01/2024  
19/02/2024  
11/03/2024

Option one	Tomato Pasta	Sausage Roll with Potato Wedges	<b>CHICKEN SHACK</b>	Chef Shilpa's Chicken Korma with Rice	Fishfingers with Chips & Tomato Sauce
Option two	Cheesy Swirl with New Potatoes	<b>NEW</b> Loaded Jackets	A choice of Lemon & Herb Chicken or Vegan Quorn, with Seasoned Potatoes and Salads	Veggie Meatballs in Tomato Sauce with Rice	Jacket Potato Bar
Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
Dessert	Fruit & Yoghurt	<b>NEW</b> Carrot Cake	Fruit Medley	Chocolate Drizzle Cake with Chocolate Sauce	Vanilla Shortbread

### WEEK THREE

13/11/2023  
04/12/2023  
08/01/2024  
29/01/2024  
26/02/2024  
18/03/2024

Option one	<b>NEW</b> A choice of Tomato or Carbonara Pasta with Toppings	Mexican Beef with Rice	Sausages, Onions and Gravy with Roast Potatoes	Chicken Pie with Mashed Potatoes	Fishfingers or Salmon Fishcake with Chips & Tomato Sauce
Option two	Jacket Potato Bar	Jacket Potato Bar	Veggie Sausages, Onions and Gravy with Roast Potatoes	Macaroni Cheese	Jacket Potato Bar
Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
Dessert	Fruit & Yoghurt	<b>NEW</b> Chocolate Orange Cookie	Fruit Platter	Peach Upside Down Cake with Custard	<b>NEW</b> Melting Moment Biscuit

### MENU KEY



Added Plant Power



Wholemeal



Vegan



Chef's Special

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Available Daily: - Bread freshly baked on site - Salad selection