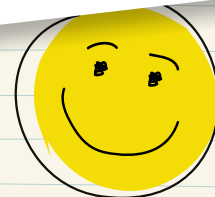


W

HAT'S FOR LUNCH THIS AUTUMN...

caterlink
feeding the imagination



Caterlink is an award winning food service provider catering for primary schools.



We are passionate about providing your children with award winning Food for Life freshly prepared school lunches that are true to our fresh food heritage. We track down the best fresh produce and ensure it reaches each school kitchen as quickly as possible. Our chefs use RSPCA Freedom Food free range eggs, Marine Stewardship Council approved sustainable fish and Red Tractor approved fresh meat. The British countryside and its farmers need our support and we are more than happy to give it! JoJoe Crow, our friendly primary school mascot, is always out in our sponsored school kitchen gardens helping pupils learn about the benefits of a healthy diet using home grown produce.

keep in touch

Your comments are important to us and we value your feedback. Visit our informative web link: www.mycaterlink.co.uk/bbc
email: info@caterlinkltd.co.uk
or call 01234 360874

All our menus are nutritionally analysed to ensure they meet and in most cases exceed **The School Food Standards**.
We hope your child enjoys our new menus.



www.mycaterlink.co.uk/bbc

Please visit the website for current updates

FRESH



HEALTHY



TASTY



DISCOVERY DAYS AVAILABLE THIS TERM



Available at participating schools only.

Is your child entitled to a free school meal?



Any child in Reception, Year 1 and Year 2 is entitled to a free school meal each day, speak to your school to find out how to register. Also if you are in receipt of certain benefits your child may also be eligible for a free school meal.

If your child has a food allergy or intolerance, please ask a member of our catering team for information. If you are a parent or guardian and 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.

Forms available through our website or via the school.



ONE

TWO

THREE

AVAILABLE
EVERY DAY...4 Sept, 25 Sept, 16 Oct
13 Nov, 4 Dec11 Sept, 2 Oct, 30 Oct
20 Nov, 11 Dec18 Sept, 9 Oct, 6 Nov
27 Nov, 18 Dec

Sausages with Mashed Potatoes & Gravy
Quorn Sausages & Mashed Potatoes with Gravy

Cauliflower & Peas

Chocolate & Beetroot

Brownie with Custard

Yoghurt / Fresh Fruit Platter

Beef Goulash with Rice
Macaroni Cheese with Garlic Slice

Carrots & Green Beans

Apple & Raisin Flapjack

Yoghurt / Fresh Fruit Salad

Roast Bacon Loin with Roast Potatoes & Gravy
Quorn Roast with Roast Potatoes & Gravy

Savoy Cabbage & Swede

Cheese, Apple & Biscuits

Yoghurt / Fresh Fruit Platter

Chicken Tikka with Rice
Creamy Vegetable Pie with Mashed Potato Topping

Sweetcorn & Peppers

Wholemeal Peach Crumble with Custard

Yoghurt / Fresh Fruit Salad

MSC Salmon Fishcake with Chips
Veggie Fajitas with Chips

Baked Beans & Garden Peas

Iced Bun

Yoghurt / Fresh Fruit Chunks



Beef Burger in a Bun with Jacket Wedges
Bean & Vegetable Hotpot with Wedges

Coleslaw & Sweetcorn

Vanilla Shortbread

Yoghurt / Fresh Fruit Platter

Cajun Spiced Chicken with Rice
Cheese & Pepper Whirl with Herby Diced Potatoes

Broccoli & Carrots

Wholemeal Banana Loaf

Yoghurt / Fresh Fruit Chunks

Roast Turkey with Stuffing, Roast Potatoes & Gravy
Mixed Vegetable Loaf with Roast Potatoes & Gravy

Carrots & Courgettes

Trifle

Yoghurt / Fresh Fruit Salad

Spaghetti Beef Bolognese
Lentil & Sweet Potato Curry with Rice

Roasted Mixed Vegetables

Eves Pudding with Custard

Yoghurt / Fresh Fruit Platter

MSC Fish Fingers with Chips
Cheese & Tomato Quiche with Chips

Baked Beans & Garden Peas

Pear & Ginger Muffin

Yoghurt / Fresh Fruit Chunks



Ham Pizza with Jacket Wedges
Bean Vegetable Chilli with Rice

Sweetcorn & Mixed Peppers

Pear Sponge with Custard

Yoghurt / Fresh Fruit Platter

Lamb Shepherds Pie with Boiled Potatoes & Gravy
Vegetable Wholemeal Pasta Bake

Green Beans & Glazed Carrots

Rice Pudding with Mixed Berries

Yoghurt / Fresh Fruit Salad

Roast Chicken with Stuffing
Roast Potatoes & Gravy

Vegetable Wellington with Roast Potatoes & Gravy

Savoy Cabbage & Sweetcorn

Jelly & Cream

Yoghurt / Fresh Fruit Chunks

Beef Lasagne
Red Pepper Frittata with New Potatoes

Broccoli & Tomato Salad

Mixed Fruit Crumble with Custard

Yoghurt / Fresh Fruit Salad

MSC Breaded or Battered Fish with Chips
Veggie Burger in a Bun with Chips

Garden Peas & Baked Beans

Chocolate Cocoa Cookies

Yoghurt / Fresh fruit platter

**Jacket Potatoes**

freshly cooked daily where advertised with a choice of fillings

Bread

freshly baked on site daily

Daily salad selection

there will be a selection of salad items available daily

Fresh Fruit & Yoghurt

available daily

**WE USE LOCALLY
 SOURCED INGREDIENTS
 WHEN AVAILABLE
 AND IN SEASON**

All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards

We hope your child enjoys our new menus.

Menus could be subject to local change, please check your child's school for any bespoke changes.



Vegetarian option



Oily fish



Marine Stewardship
 Council details
 Web: www.msc.org
 Chain of Custody
 Registration Code
 MSC-C-54995

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY