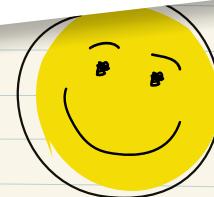


W

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

In Partnership with:



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...5th Sept, 26th Sept, 17th Oct
14th Nov, 5th Dec12th Sept, 3rd Oct, 31st Oct
21st Nov, 12th Dec19th Sept, 10th Oct,
7th Nov, 28th Nov

**Chicken & Broccoli Wholemeal
Pasta Bake with Tomato & Herb Bread**
Vegetable Goulash with Rice
Cauliflower & Peas
Mixed Fruit Crumble with Custard
Yoghurt / Fresh Fruit Platter

**Beef Cottage Pie with Gravy
& Herby Diced Potatoes**
Quorn Sausages with Mash & Gravy
Carrots & Green Beans
Carrot & Courgette Cake with Custard
Yoghurt / Fresh Fruit Salad

**Roast Bacon Loin with
Roast Potatoes & Gravy**
Vegetable Moussaka with Roast Potatoes
Savoy Cabbage & Swede
Rice Pudding with Mixed Berries
Yoghurt / Fresh Fruit Platter

Beef Burger in a Bun with New Potatoes
Creamy Vegetable Pie with New Potatoes
Sweetcorn & Peppers
Apple Flapjack with Custard
Yoghurt / Fresh Fruit Salad

MSC Salmon Fishcake with Chips
Cheese & Tomato Pizza with Chips
Baked Beans & Garden Peas
Chocolate & Mandarin Muffin
Yoghurt / Fresh Fruit Chunks

**Beef Spaghetti Bolognese
with Garlic Bread**
Lentil & Spinach Curry with Rice
Broccoli & Carrots
Bread & Butter Pudding with Custard
Yoghurt / Fresh Fruit Salad

Chicken Tikka with Rice
**Bean & Vegetable Hotpot with
Creamed Potatoes**
Green Beans & Sweetcorn
Wholemeal Banana Loaf
Yoghurt / Fresh Fruit Chunks

**Roast Turkey with Stuffing,
Roast Potatoes & Gravy**
Mixed Vegetable Loaf with Roast Potatoes
Roasted Mixed Vegetables
Apple & Cherry Cobbler with Custard
Yoghurt / Fresh Fruit Salad

Spicy Meat Pizza with Jacket Wedges
**Vegetable Lasagne with Salad
& Garlic Bread**
Carrots & Coleslaw
Pineapple Upside Down Cake
Yoghurt / Fresh Fruit Platter

MSC Fish Fingers with Chips
Cheese & Tomato Quiche with Chips
Baked Beans & Garden Peas
Chocolate Crispie
Yoghurt / Fresh Fruit Chunks

Pork Sausages with Mash & Gravy
**Veggie Toad in the Hole
with Mash & Gravy**
Sweetcorn & Mixed Peppers
Eve's Pudding with Custard
Yoghurt / Fresh Fruit Platter

Beef Chilli Con Carne with Rice
Macaroni Cheese with Garlic Slice
Green Beans & Glazed Carrots
Fruity Flapjack
Yoghurt / Fresh Fruit Salad

**Roast Chicken with Stuffing,
Roast Potatoes & Gravy**
Vegetable Wellington with Roast Potatoes
Savoy Cabbage & Peas
Chocolate Shortbread
Yoghurt / Fresh Fruit Chunks

**Pork Meatballs in Tomato Sauce
with Pasta**
Red Pepper Frittata with New Potatoes
Carrots & Cauliflower
Syrup Sponge with Custard
Yoghurt / Fresh Fruit Salad

MSC Breaded Fish with Chips
Vegetable Enchiladas with Chips
Garden Peas & Baked Beans
Fruit Jelly & Ice-cream
Yoghurt / Fresh Fruit Salad

Jacket Potatoesfreshly cooked daily where
advertised with a choice of fillings**Bread**

freshly baked on site daily

Daily salad selectionthere 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
MML - C 1009

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY