## WHAT'S FOR LUNCH THISSPRING/SUMMER?

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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 6.5 g 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.


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

## 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

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## MONDAY TUESDAY <br> WEDNESDAY <br> THURSDAY <br> FRIDAY

| WEEK <br> ONE <br> 21 Feb <br> 14 Mar <br> 18 Apr <br> 9 May <br> 6 Jun <br> 27 Jun <br> 18 Jul <br> 12 Sep <br> 3 Oct <br> 24 Oct | Option 1 | Tomato, Lentil \& Vegetable Pasta | BBQ Chicken Fillet with 50/50 Rice | Herb Roasted Chicken, Roast Potatoes or Boiled Potatoes \& Gravy | Savoury Mince Beef \& Dumplings | Breaded Fish with Chips or Steamed Potatoes \& Tomato Sauce |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Option 2 | Vegetable \& Bean Pasta Bake | BBQ Quorn Fillet with Rice | Vegetable\& Lentil Wellington with Roast Potatoes or Boiled Potatoes \& Gravy | Sweet \& Sour Butterbean with Egg Noodles | Cheese \& Red Pepper Frittata with Chips or Steamed Potatoes \& Tomato Sauce |
|  | Vegetables | Sweetcorn Peas | Rainbow Coleslaw Roasted Sweet Potato Cubes | Red Cabbage Broccoli | Green Beans Roasted Carrots | Peas <br> Baked Beans |
|  | Dessert | Yoghurt / Fresh Fruit | Peach Upside Down Cake with Custard Yoghurt / Fresh Fruit | Yoghurt / Fresh Fruit | Pineapple Loaf with Custard Yoghurt / Fresh Fruit | Yoghurt / Fresh Fruit |
| WEEK <br> TWO <br> 28 Feb <br> 21 Mar <br> 25 Apr <br> 16 May <br> 13 Jun <br> 4 Jul <br> 25 Jul <br> 19 Sep <br> 10 Oct | Option 1 | Chicken Tagine with 50/50 Rice | Spaghetti Bolognaise | Roast Chicken, Roast Potatoes/Boiled Potatoes, Stuffing \& Gravy | Turkey and Chickpea Curry with 50/50 Rice | Fish in Batter with Chips/Rice \& Tomato Sauce |
|  | Option 2 | Vegetable \& Chickpea Tagine with 50/50 Rice | Vegan Spaghetti Bolognaise | Cheese \& Tomato Pin Wheel Potatoes/Boiled Potatoes, Stuffing,\& Gravy | Roasted Cauliflower \& Chickpea Curry with 50/50 Rice | Bean and Lentil Burgers (No Bun) with Chips/Rice \& Tomato Sauce |
|  | Vegetables | Sweetcorn Cauliflower | Green Beans Red Cabbage | Carrots Peas | Broccoli White Cabbage | Mushy Peas Baked Beans |
|  | Dessert | Yoghurt / Fresh Fruit | Pear \& Raisin Upside Down Cake with Custard Yoghurt / Fresh Fruit | Yoghurt / Fresh Fruit | Chocolate \& Apple Sponge with Custard Yoghurt / Fresh Fruit | Yoghurt / Fresh Fruit |
| WEEK <br> THREE <br> 7 Mar 28 Mar 2 May 23 May 20 Jun 11 Jul 5 Sep 26 Sep 17 Oct | Option 1 | Chicken \& Red Pepper Pizza | Beef \& Bean Fajitas with 50/50 Rice | Cajun Spiced Chicken, Roast Potatoes/Boiled Potatoes \& Gravy | Chicken Sausage Hot Dog with Potato Wedges | Fish Fingers or Salmon Fish Fingers with Chips/Couscous \& Tomato |
|  | Option 2 | Cheese \& Tomato Pizza | Vegetable \& Bean <br> Enchiladas with Rice | Lentil \& Basil Puff Pastry, Roast Potatoes/Boiled Potatoes \& Gravy | Vegan Plant Based Sausage Hot Dog with Potato Wedges | Quorn Vegan Fishless Fingers with Chips/ Couscous \& Tomato Sauce |
|  | Vegetables | Green Beans Red Cabbage | Sweetcorn Peas | Carrot Broccoli | Green Cabbage <br> Baked Tomatoes | Peas Baked Beans |
|  | Dessert | Yoghurt / Fresh Fruit | Melon, Cheese \& Biscuits Yoghurt / Fresh Fruit | Yoghurt / Fresh Fruit | Strawberry \& Pear Cobbler with Custard Yoghurt / Fresh Fruit | Yoghurt / Fresh Fruit |
|  |  |  |  | - Freshly cooked jac choice of fillings (w | Available Daily <br> et potatoes with a • Bread - Daily | reshly baked on site daily lad selection |

