

WHAT'S FOR LUNCH THIS SPRING/SUMMER?

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.

caterlink
feeding the imagination

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

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.

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 nature of our kitchens it is not possible to completely remove the risk of cross-contamination.



DISCOVERY SPRING/SUMMER 2022 MENU






MONDAY







TUESDAY









WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE 18 Apr 9 May 6 Jun 27 Jun 18 Jul 12 Sep 3 Oct	Option 1	Tomato & Vegetable Pasta Bake with Cheese Topping	Mediterranean Chicken with Rice 	Roast Gammon, Roast Potatoes & Gravy	Beef Pasta Bolognese	Fish Fingers with Chips & Tomato Sauce
	Option 2	Spanish Omelette with New Potatoes	BBQ Quorn Fillet with Rice 	Potato & Courgette Layer Bake with Roast Potatoes & Gravy	Pasta with Cheese or Tomato Sauce	Cheese & Potato Whirl with Chips & Tomato Sauce
	Vegetables	Peas Rainbow Slaw	Sweetcorn Mixed Peppers	Mixed Vegetables	Green Beans Carrots	Peas Baked Beans
	Dessert	Vanilla Sponge with Custard Yoghurt / Fresh Fruit	Apple & Raisin Flapjack Yoghurt / Fresh Fruit 	Peaches & Ice Cream, (Serving's - Peaches & Shortbread Biscuit) Yoghurt / Fresh Fruit 	Orange & Cinnamon Cookie 	Yoghurt / Fresh Fruit

WEEK TWO 25 Apr 16 May 13 Jun 4 Jul 29 Aug 19 Sep 10 Oct	Option 1	Macaroni Cheese	Spaghetti Bolognese with Garlic Bread 	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Chicken Pasta in a Tomato Sauce 	Fish in Batter with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Cous Cous 	Veggie Spaghetti Bolognese with Garlic Bread 	Roast Quorn Fillet, Roast Potatoes, Stuffing & Gravy 	Pasta with Cheese or Tomato Sauce	Cheese & Bean Pasty with Chips & Tomato Sauce
	Vegetables	Mixed Vegetables	Sweetcorn Cauliflower	Carrots Peas	Broccoli Sweetcorn	Peas Baked Beans
	Dessert	Apple & Berry Raisin Strudel with Cream Yoghurt / Fresh Fruit 	Lemon Drizzle Cake Yoghurt / Fresh Fruit	Vanilla Shortbread. Yogurt/Fresh Fruit	Chocolate Brownie with Cream Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt

WEEK THREE 2 May 23 May 20 Jun 11 Jul 5 Sep 26 Sep 17 Oct	Option 1	Cheese & Tomato Pizza with Potato Salad 	Pork Sausage with Crushed New Potatoes	Roast Turkey, Roast Potatoes & Gravy	Chicken Pasta in a Tomato Sauce 	Fish Fingers or Salmon Fish Fingers with Chips & Tomato Sauce
	Option 2	Mexican Roll with Potato Salad 	Quorn Sausage with Crushed New Potatoes 	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy 	Pasta with Cheese or Tomato Sauce 	Cheese & Red Pepper Frittata with Chips & Tomato Sauce 
	Vegetables	Coleslaw Sweetcorn	Baked Beans Peas	Carrot Broccoli	Mixed Vegetables	Peas Baked Beans
	Dessert	Apple & Berry Crumble with Custard Yoghurt / Fresh Fruit	Lemon & Mixed Berry Cake Yoghurt / Fresh Fruit	Fruit Jelly with Mandarins Yoghurt / Fresh Fruit	Chocolate Shortbread Yoghurt / Fresh Fruit 	Fresh Fruit & Yoghurt

 Added Plant Power

 Vegan

 Wholemeal

Available Daily

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked onsite
- Daily salad selection