

WHAT'S FOR LUNCH THIS SPRING...



Caterlink is an award-winning food service provider catering for primary schools across the country.



We are passionate about providing your children with award winning Food for Life Served Here 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 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 is 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 menu. 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 Meal 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.



KENT, MEDWAY & SUSSEX SPRING MENU 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
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WEEK ONE 6 Jan 27 Jan 24 Feb 16 Mar	Option 1	Sausage Roll with Oven Baked Wedges	Spaghetti Bolognaise with Garlic Slice	Roast Pork Loin with Roast Potatoes & Gravy	Sweet & Sour Chicken with Rice	Fish Fingers / Salmon Fish Fingers with Chips & Tomato Sauce 
	Option 2	Quorn Sausage in a Bun with Oven Baked Wedges	Soya Bolognaise with Wholemeal Pasta & Garlic Slice 	Quorn Roast Fillet with Roast Potatoes & Gravy	Sweet & Sour Quorn with Rice	Red Pepper & Cheese Frittata with Chips & Tomato Sauce
	Vegetables	Peas Baked Beans	Sweetcorn Peppers	Carrots Green Beans	Mixed Vegetables	Baked Beans Peas
	Dessert	Rice Pudding with Mixed Berries Yoghurt / Fresh Fruit	Eve's Pudding with Custard Yoghurt / Fresh Fruit	Ice Cream & Peaches (Vanilla Shortbread for serveries) Yoghurt / Fresh Fruit	Oaty Cookie Yoghurt / Fresh Fruit 	Tutti Fruity Friday Yoghurt
WEEK TWO 13 Jan 3 Feb 2 Mar 23 Mar	Option 1	Wholemeal Ham, Cheese & Tomato Pizza with New Potatoes	Chicken Curry with Rice	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Sausage Pasta Bake	Battered Fish with Chips & Tomato Ketchup 
	Option 2	Cheese & Tomato Pizza with New Potatoes	Lentil & Sweet Potato Curry with Rice 	Vegetarian Wellington with Roast Potatoes & Gravy 	Wholemeal Vegetable Pasta Bake	Cheese & Tomato Quiche with Chips
	Vegetables	Sweetcorn Coleslaw	Mixed Vegetables	Carrots Cabbage	Sweetcorn Broccoli	Baked Beans Peas
	Dessert	Oaty Pear Crumble & Custard Yoghurt / Fresh Fruit 	Chocolate Cake with Chocolate Sauce Yoghurt / Fresh Fruit	Apple, Cheese & Crackers Yoghurt / Fresh Fruit	Orange & Lemon Shortbread Yoghurt / Fresh Fruit	Tutti Fruity Friday Yoghurt
WEEK THREE 20 Jan 10 Feb 9 Mar 30 Mar	Option 1	Beef Burger in a Bun with Oven Baked Wedges	Chicken Pie with New Potatoes	Roast Turkey with Roast Potatoes & Gravy	Beef Lasagne & Garlic Slice	Fishwich with Chips & Tomato Sauce 
	Option 2	Quorn Burger in a Bun with Oven Baked Wedges	Creamy Vegetable Pie (Mash Topping)	Hominy Pie (Potato, Cheese & Spinach Tart) with Roast Potatoes	Vegetable Lasagne with Garlic Slice	Vegetable Sausage with Chips & Tomato Sauce 
	Vegetables	Sweetcorn Peas	Swede Carrot	Carrots Broccoli	Green Beans Cauliflower	Baked Beans Peas
	Dessert	Wholemeal Apple Crumble & Custard Yoghurt / Fresh Fruit 	Banana Sponge with Cream Yoghurt / Fresh Fruit	Ice Cream & Mandarins (Vanilla Shortbread for serveries) Yoghurt / Fresh Fruit	Chocolate & Orange Brownie Yoghurt / Fresh Fruit	Tutti Fruity Friday Yoghurt

 Added Plant Power
 Vegan
 Wholemeal
 Oily Fish
 Marine Stewardship Council
www.msc.org
 Chair of Custody
 Reg Code: MML-C1009

Available Daily

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

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