

# WHAT'S FOR LUNCH THIS SPRING...

**caterlink**  
feeding the imagination



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](mailto: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.











# Spring Menu 2021











	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week One</b> 04/01/21 25/01/21 22/02/21 15/03/21	Option 1	Macaroni Cheese	Pork Sausage, Mashed Potatoes and Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Chicken Tikka Curry with 50/50 Rice  	Fishfingers/ Salmon Fishfingers with Chips
	Option 2	Soya Spaghetti Bolognese 	Vegetarian Sausages, Mashed Potato and Gravy 	Quorn Roast Fillet with Roast Potatoes and Gravy 	Lentil and Sweet Potato Curry with 50/50 Rice  	Wholemeal Cheese and Tomato Quiche with Chips 
	Vegetables	Sweetcorn Peppers	Cauliflower Cabbage	Swede and Carrot Mash	Broccoli Carrots	Baked Beans Peas
	Dessert	Marble Sponge with Custard	Pineapple Cake	Fresh Fruit or Yoghurt	Apple, Cheese and Crackers	Chocolate Cocoa Cookie 
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Two</b> 11/01/21 01/02/21 01/03/21 22/03/21	Option 1	Sausage Roll with Wedges	Mexican Beef Chilli with 50/50 Rice  	Roast Pork, Roast Potatoes and Gravy	Chicken and Red Pepper Pizza with Wedges 	Fish in Batter with Chips
	Option 2	Tomato and Vegetable Pasta 	Vegetable Hotpot 	Quorn Roast Fillet with Roast Potatoes and Gravy	Chickpea Curry with 50/50 Rice  	Cheese Frittata with Chips
	Vegetables	Sweetcorn Broccoli	Peas Carrots	Fresh Mixed Vegetables	Sweetcorn Tomatoes	Baked Beans Peas
	Dessert	Oaty Apple Crumble and Custard 	Chocolate Cake with Chocolate Drizzle	Fresh Fruit or Yoghurt	Pear and Ginger Slice	Orange and Lemon Shortbread 
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Three</b> 18/01/21 08/02/21 08/03/21 29/03/21	Option 1	Cheese and Tomato French Bread Pizza 	Chicken and Sweetcorn Pie, New Potatoes and Gravy	Roast Turkey, Roast Potatoes and Gravy	Cottage Pie with Gravy 	Fishfingers with Chips
	Option 2	Jacket Potato with BBQ Beans 	Five Bean Chilli with 50/50 Rice  	Potato and Courgette Stack with Roast Potatoes	Broccoli and Cheese Pasta Bake	Vegan Mexican Bean Roll with Chips 
	Vegetables	Coleslaw Mixed Salad	Sweetcorn Broccoli	Peas Cauliflower	Green Beans Carrots	Baked Beans Peas
	Dessert	Oaty Cookie  	Banana Sponge and Custard	Fresh Fruit or Yoghurt	Chocolate and Mandarin Brownie	Peaches and Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						

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# Spring Menu 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week One</b>	Option 1	Macaroni Cheese <b>V11</b>	Pork Sausage, Mashed Potatoes and Gravy <b>P3</b>	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Chicken Tikka Curry with 50/50 Rice <b>C45</b>  	Fishfingers/ Salmon Fishfingers with Chips <b>F6/ F1</b>
	Option 2	Soya Spaghetti Bolognese <b>V18</b> 	Vegetarian Sausages, Mashed Potato and Gravy <b>NEW</b> 	Quorn Roast Fillet with Roast Potatoes and Gravy <b>V150</b>	Lentil and Sweet Potato Curry with 50/50 Rice <b>V108</b>  	Wholemeal Cheese and Tomato Quiche with Chips <b>V49</b> 
	Vegetables	Sweetcorn Peppers	Cauliflower Cabbage	Swede and Carrot Mash	Broccoli Carrots	Baked Beans Peas
	Dessert	Marble Sponge with Custard <b>D199</b>	Pineapple Cake <b>D164</b>	Fresh Fruit or Yoghurt	Apple, Cheese and Crackers <b>D4</b>	Chocolate Cocoa Cookie <b>D40</b> 
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Two</b>	Option 1	Sausage Roll with Wedges <b>P19</b>	Mexican Beef Chilli with 50/50 Rice <b>B15</b>  	Roast Pork, Roast Potatoes and Gravy	Chicken and Red Pepper Pizza with Wedges <b>C40</b> 	Fish in Batter with Chips <b>F3</b>
	Option 2	Tomato and Vegetable Pasta <b>V160</b> 	Vegetable Hotpot <b>V41</b> 	Quorn Roast Fillet with Roast Potatoes and Gravy <b>V150</b>	Chickpea Curry with 50/50 Rice <b>V62</b>  	Cheese Frittata with Chips <b>V24</b>
	Vegetables	Sweetcorn Broccoli	Peas Carrots	Fresh Mixed Vegetables	Sweetcorn Tomatoes	Baked Beans Peas
	Dessert	Oaty Apple Crumble and Custard <b>D71</b> 	Chocolate Cake with Chocolate Drizzle <b>D198</b>	Fresh Fruit or Yoghurt	Pear and Ginger Slice <b>D9</b>	Orange and Lemon Shortbread <b>D194</b> 
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Three</b>	Option 1	Cheese and Tomato French Bread Pizza 	Chicken and Sweetcorn Pie, New Potatoes and Gravy <b>C21</b>	Roast Turkey, Roast Potatoes and Gravy	Cottage Pie with Gravy <b>B38</b> 	Fishfingers with Chips <b>F6</b>
	Option 2	Jacket Potato with BBQ Beans <b>SD88</b> 	Five Bean Chilli with 50/50 Rice <b>V138</b>  	Quorn Roast Fillet with Roast Potatoes and Gravy <b>V150</b>	Broccoli and Cheese Pasta Bake <b>V51</b>	Vegan Mexican Bean Roll with Chips <b>V161</b> 
	Vegetables	Coleslaw Mixed Salad	Sweetcorn Broccoli	Peas Cauliflower	Green Beans Carrots	Baked Beans Peas
	Dessert	Oaty Cookie <b>D85</b>  	Banana Sponge and Custard <b>D173</b>	Fresh Fruit or Yoghurt	Chocolate and Mandarin Brownie <b>D170</b>	Peaches and Ice Cream <b>D166</b>
Or a choice of Yoghurt & Fresh Fruit available daily						

**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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