

# What's for lunch this 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 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.

## **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.

## **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 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 [hrrsupport@caterlinkltd.co.uk](mailto:hrrsupport@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.



# KENT, MEDWAY & SUSSEX SUMMER MENU 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
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WEEK ONE	Option 1	Macaroni Cheese	Pork Sausages, Crushed Skin on Potatoes & Gravy	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Chicken Tikka Curry with 50/50 Rice	Fish Fingers/Salmon Fish Fingers with Chips
19 Apr	Option 2	Vegetable Pasta Bake	Vegetarian Sausages, Crushed Skin on Potatoes & Gravy	Vegetable Wellington with Roast Potatoes & Gravy	Lentil & Sweet Potato Curry with 50/50 Rice	Wholemeal Cheese & Tomato Quiche with Chips
10 May	Vegetables	Sweetcorn Broccoli	Peas Cabbage	Mixed Vegetables	Broccoli Carrots	Baked Beans Peas
7 Jun	Dessert	Marble Sponge with Chocolate Sauce Yoghurt / Fresh Fruit	Pineapple Cake with Custard Yoghurt / Fresh Fruit	Apple, Cheese & Crackers Yoghurt / Fresh Fruit	Vanilla Shortbread Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit
28 Jun						
19 Jul						
WEEK TWO	Option 1	Sausage Roll with Oven Baked Potato Wedges	Beef Bolognaise with Garlic Slice	Roast Pork, Roast Potatoes & Gravy	Sweet & Sour Chicken with 50/50 Rice	Fish in Batter with Chips
26 Apr	Option 2	Red Pepper & Cheese Frittata with Baked Potato Wedges	Soya Spaghetti Bolognaise with Garlic Slice	Quorn Roast Fillet with Roast Potatoes & Gravy	Chickpea Curry with 50/50 Rice	Cheese & Potato Whirl with Chips
17 May	Vegetables	Sweetcorn Baked Beans	Peas Carrots	Mixed Vegetables	Sweetcorn Broccoli	Baked Beans Peas
14 Jun	Dessert	Oaty Apple Wholemeal Crumble & Custard Yoghurt / Fresh Fruit	Chocolate Cake with Chocolate Drizzle Yoghurt / Fresh Fruit	Jelly & Mandarins Yoghurt / Fresh Fruit	Orange & Lemon Shortbread Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit
5 Jul						
WEEK THREE	Option 1	Ham, Cheese & Tomato 50/50 Pizza with Wedges	Chicken Pie, New Potatoes & Gravy	Roast Turkey, Roast Potatoes & Gravy	Minced Beef & Vegetable Hot Pot with Gravy	Fish Fingers with Chips
3 May	Option 2	Cheese & Tomato 50/50 Pizza with Wedges	Five Bean Chilli with 50/50 Rice	Shepherdess Pie with Roast Potatoes	Broccoli & Cheese Pasta Bake	Bean & Lentil Burger with Chips
24 May	Vegetables	BBQ Beans Coleslaw	Carrots Peas	Mixed Vegetables	Green Beans Carrots	Baked Beans Peas
21 Jun	Dessert	Rice Pudding with Berry Sauce Yoghurt / Fresh Fruit	Banana Sponge & Custard Yoghurt / Fresh Fruit	Peaches & Ice Cream (Shortbread & Peaches for serveries) Yoghurt / Fresh Fruit	Chocolate & Mandarin Brownie with Cream Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit
12 Jul						

-  Added PlantPower
-  Vegetarian
-  Wholemeal
-  Oily Fish

## Available Daily

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread available daily
- Daily salad selection

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