

WHAT'S FOR LUNCH THIS AUTUMN/WINTER



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 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.



KENT AUTUMN/WINTER MENU

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Chef's Special

	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK ONE 31 Oct 21 Nov 12 Dec 16 Jan 6 Feb 6 March 27 March	Option 1	Tomato Pasta 	BUILD A BURGER DAY A choice of Burger (meat, veggie or vegan) with Toppings and Potato Wedges 	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Chicken Tikka Masala with Rice 	Fishfingers/ Salmon Fishfingers with Chips
	Option 2	Cheesy Swirl with New Potatoes		Crunchy Top Veg Bake with Roast Potatoes 	Veggie Wrap Stack with Rice 	Cheese Omelette with Chips
	Vegetables	Sweetcorn Green Beans	Coleslaw Peas	Carrots Cabbage	Peas Cauliflower	Peas Baked Beans
	Dessert	Pear & Chocolate Crumble with Custard Yoghurt / Fresh Fruit 	Jelly & Fruit Yoghurt / Fresh Fruit 	Rice Pudding & Mixed Berries Yoghurt / Fresh Fruit 	Yoghurt & Raisin Cake Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit

WEEK TWO 7 Nov 28 Nov 2 Jan 23 Jan 20 Feb 13 March	Option 1	MAC & CHEESE STATION  A choice of different Mac & Cheese flavours, with vegetarian toppings Jacket Potato with Beans 	Spaghetti Bolognaise with Garlic Bread 	Sausage, Onions & Gravy with Roast Potatoes 	Chicken Pie with Crushed Potato	Fishfingers with Chips
	Option 2		Veggie Shepherd's Pie 	Cauliflower & Broccoli Cheese with Roast Potatoes	Vegetable Fajitas with Rice 	Mexican Roll with Chips 
	Vegetables	Peas Carrot	Broccoli Sweetcorn	Mixed Vegetables	Green Beans Carrots	Peas Baked Beans
	Dessert	Oaty Cookie Yoghurt / Fresh Fruit 	Chocolate Apple Sponge with Custard Yoghurt / Fresh Fruit	Jelly With Mandarins Yoghurt / Fresh Fruit 	Chocolate Drizzle Cake Yoghurt / Fresh Fruit 	Yoghurt / Fresh Fruit

WEEK THREE 14 Nov 5 Dec 9 Jan 30 Jan 27 Feb 20 March	Option 1	Cheese and Tomato Pizza With New Potatoes 	Sausage Roll with Potato Wedges	QUIRKY BIRD  A choice of flavoured chicken x 2 flavours or vegan Quorn Fillet, with Rice & Salads	Sticky Chicken Noodles 	Fishfingers with Chips
	Option 2	Veggie Chili with Rice 	Veggie Sausage with Potato Wedges 		Chinese Vegetable Curry with Rice 	Cheese Quiche with Chips
	Vegetables	Sweetcorn Carrots	Baked Beans Green Beans	Sweetcorn Peas Quirky Bird Salads x 2	Broccoli Carrots	Peas Baked Beans
	Dessert	Sticky Toffee Apple Crumble with Custard Yoghurt / Fresh Fruit 	Chocolate Cookie Yoghurt / Fresh Fruit	Apple, Cheese & Crackers Yoghurt / Fresh Fruit	Eves Pudding with Cream Yoghurt / Fresh Fruit	Fresh Fruit or Yoghurt



- Available Daily**
- Freshly cooked jacket potatoes with a choice of fillings
 - Bread freshly baked
 - Daily salad selection
 - Yoghurt & Fresh Fruit Dessert Options

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Week One









**31st Oct
21st Nov
12th Dec
16th Jan
6th Feb
6th March
27th March**

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	<p>Tomato Pasta</p> 	<p>Build a Burger</p>    	<p>Roast Chicken, Roast Potatoes & Gravy</p> 	<p>Chicken Tikka Masala with Rice</p> 	<p>Fishfingers/ Salmon Fishfingers with Chips</p> 
Option 2	<p>Cheesy Whirl with New Potatoes</p> 	 	<p>Crunchy Top Veg Bake with Roast Potatoes & Gravy</p> 		<p>Cheese Omelette with Chips</p> 
Dessert	<p>Pear & Chocolate Crumble with Custard</p> 	<p>Jelly and Fruit</p> 	<p>Rice Pudding & Mixed Berries</p> 	<p>Yoghurt & Raisin Cake</p> 	<p>Fruit or Yogurt</p> 

***Vegetables & Carbohydrates may differ than those shown**

**Week
Two**

**7th Nov
28th
Nov
2nd Jan
23rd Jan
20th Feb
13th
March**

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	<p>Mac & Cheese Station</p>  	<p>Spaghetti Bolognaise</p> 	<p>Sausage, Onions & Gravy with Roast Potatoes</p> 	<p>Chicken Pie with Crushed Potatoes</p> 	<p>Fishfingers with Chips</p> 
Option 2		<p>Veggie Shepherd's Pie with Gravy</p> 	<p>Cauliflower & Broccoli Cheese</p> 	<p>Vegetable Fajitas with Rice</p> 	<p>Mexican Roll with Chips</p> 
Dessert	<p>Oaty Cookie</p> 	<p>Chocolate Apple Sponge Cake</p> 	<p>Jelly with Mandarins</p> 	<p>Chocolate Drizzle Cake</p> 	<p>Fruit or Yoghurt</p> 

***Vegetables & Carbohydrates may differ than those shown**

Autumn Winter 2022 Weekly Picture Menu B

Week Three

**14th Nov
5th Dec
9th Jan
30th Jan
27th Feb
20th March**

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	<p>Cheese & Tomato Pizza</p> 	<p>Sausage Roll with Potato Wedges</p> 	<p>Quirky Bird</p> 	<p>Sticky Chicken Noodles</p> 	<p>Fish Fingers with Chips</p> 
Option 2	<p>Veggie Chilli with Rice</p> 	<p>Veggie Sausage with Potato Wedges</p> 		<p>Chinese Vegetable Curry with Rice</p> 	<p>Cheese Quiche with Chips</p> 
Dessert	<p>Sticky Toffee Apple Crumble with Custard</p> 	<p>Chocolate Cookie</p> 	<p>Jelly and Fruit</p> 	<p>Eves Pudding with Cream</p> 	<p>Fresh Fruit & Yoghurt</p> 

***Vegetables & Carbohydrates may differ than those shown**