# 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 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.

### **KEEP IN TOUCH**

You can keep up to date with what's going on by visiting our web site <u>https://caterlinkltd.co.uk/my-caterlink</u> 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.

## 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, irre-

spective of income. However, you still need to register if

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

feedina the imaainatio

#### 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.

### **ALLERCY INFOMATION**

If you would like to know about particular allergens in foods 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. 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.

Caterlink Autumn Winter Menu 24/25		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Option 1	<b>NEW</b> Tomato & 🔶 Vegetable Pasta	Cottage Pie with Gravy	Peri Peri or BBQ Chicken with Diced Seasoned Potatoes & Sweetcom Salsa	Meatballs in Tomato Sauce with Rice	Salmon Fishfingers/ Fishfingers with Chips & Tomato Sauce
04/11/2024 25/11/2024 16/12/2024 20/01/2025	Option 2	Mexican Fajitas with Rice 🍈 📤	NEW Creamy Vegetable and Coconut Curry with Rice	Peri Peri or BBQ Quorn with Diced Seasoned Potatoes & Sweetcom Salsa	<b>NEW</b> Cheese and Broccoli Pasta with Garlic Bread	Cheese and Tomato Quiche with Chips & Tomato Sauce
10/02/2025 10/03/2025	Option 3	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings
31/03/2025		Melting Moment Biscuit	Blackberry and Apple 🍈 Crumble with Custard	Fruit Platter 🐣	Carrot Cake	Chocolate Orange Cookie
WEEK TWO 11/11/2024	Option 1	Classic Cheese and Tomato Pizza with Potato Wedges	NEW Chicken Pasta Bake with Garlic Bread	Sausage and Mash with Gravy	Chicken Tikka Masala with Rice	<b>NEW</b> Tuna Pasta Bake or Fishfingers with Chips & Tomato Sauce
02/12/2024 06/01/2025 27/01/2025	Option 2	Rainbow Pizza with Potato Wedges	Chinese Vegetable Curry with Rice	Vegan Sausage and Mash with Gravy 🔶	NEW Mild Mexican Chilli with Rice	Mexican Bean Roll with Chips & Tomato Sauce
24/02/2025	Option 3	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings
17/03/2025	options	Peach Cake	Jelly with Mandarins	Fruit Medley	Marble Sponge Cake with Chocolate Sauce	Apple Flapjack
WEEK THREE	Ontion 1	Macaroni Cheese	<b>NEW</b> Mild Caribbean Chicken with Rice and Peas	Roast Chicken with Stuffing,	Spaghetti 🌇	Breaded Fish with Chips &
18/11/2024	Option 1	Vegan Plant Balls in Tomato	caribbean	Roast Potatoes and Gravy	Bolognaise	Tomato Sauce
09/12/2024 13/01/2025	Option 2	Sauce with Rice	<b>NEW</b> Caribbean Butterbean Stew with Rice and Peas	Vegetable Pasty with Stuffing, Roast Potatoes and Gravy	Casserole with Rice	Cheese and Pepper Omelette with Chips & Tomato Sauce
03/02/2025 03/03/2025	Option 3	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings	Jacket Potato with selection of Toppings
24/03/2025		Chocolate Brownie	Sticky Toffee Apple Crumble with Custard	Fruit Salad 🔶	NEW Savoury Cheese Scone	Vanilla Shortbread 🔷
MENU KEY	S Added Plant Power 🛞 Wholemeal 🔷 Vegan				ALLERGY INFORMATION: If you would like to know about particular allergens in foods 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	
Available Daily: Fresh Bread – Fresh Salad Selection – Fresh Fruit and Yoghurt to cater for your child. We use a large variety of ingredier preparation of our meals and due to the nature of our kit not possible to completely remove the risk of cross conta						large variety of ingredients in the e to the nature of our kitchens it is



١.