

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.

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.

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 AUTUMN/WINTER MENU

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		BURGER DAY A choice of Burger (meat, veggie or vegan) with 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
30 Feb
13 March


Option 1	MAC & CHEESE STATION A choice of different Mac & Cheese flavours, with vegetarian toppings 		Spaghetti Bolognaise with Garlic Bread		Sausage, Onions & Gravy with Roast Potatoes		Chicken Pie with Crushed Potato		Fishfingers with Chips
Option 2	Jacket Potato with Beans		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 		Sticky Chicken Noodles		Fishfingers with Chips
Option 2	Veggie Chilli with Rice		Veggie Sausage with Potato Wedges		or vegan Quorn Fillet, with Rice & Salads		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

 Added Plant Power

 Vegan

 Wholemeal

 Chef's Special

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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