

# WHAT'S FOR LUNCH THIS SPRING?

## 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.

 **caterlink**  
feeding the imagination

## KEEP IN TOUCH

You can keep up to date with what's 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](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 school 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.



# -SPRING 2022 MENU-













MONDAY











TUESDAY











WEDNESDAY

THURSDAY

FRIDAY

<b>WEEK ONE</b> 3 Jan 24 Jan 21 Feb 14 Mar 4 Apr	Option 1	Cheese & Tomato Pizza	Salmon Fish Fingers 	Minced Beef Cottage Pie with Mashed Potato Topping	Chicken Chow Mein with Noodles	BBQ Chicken & Chips
	Option 2	Vegetable Tagine with Couscous 	Vegetable Lasagne	Macaroni Cheese	Vegetable Pasty Chef's Special 	Glamorgan Bean & Leek Sausages 
	Vegetables & Salads	Cauliflower Green Beans Rainbow Slaw 	Broccoli Sweetcorn Mixed Bean Salad 	Carrots Green Cabbage Green Bean Salad 	Roasted Squash Peppers Mixed Leaf Salad 	Steamed Peas Baked Beans Potato Salad 
	Dessert	Pear Crumble with Custard Yoghurt / Fresh Fruit 	Mandarin Cheesecake Yoghurt / Fresh Fruit	Apple, Cheese & Oaty Biscuit Yoghurt / Fresh Fruit 	Banana Loaf Yoghurt / Fresh Fruit 	Yoghurt & Fresh Fruit Station

<b>WEEK TWO</b> 10 Jan 31 Jan 28 Feb 21 March	Option 1	Chickpea & Vegetable Hot Pot 	Beef Lasagne	Roast Chicken	Chicken Pie, Mashed Potato with Gravy	Battered Fish & Chips
	Option 2	Broccoli Pasta Bake 	Vegetable & Bean Fajitas	Vegetarian Wellington 	Quorn Pasta Bake	Cheese & Red Pepper Frittata
	Vegetables & Salads	Roasted Tomatoes Broccoli Coleslaw 	Sweetcorn Courgettes Sweet Potato Power 	Cauliflower Carrots Couscous Salad 	Red Cabbage Green Beans Roasted Veg Power 	Steamed Peas Baked Beans Tomato Penne Salad 
	Dessert	Eve's Pudding with Custard Yoghurt / Fresh Fruit	Pear & Ginger Slice Yoghurt / Fresh Fruit 	Melon, Breadsticks & Cheese Yoghurt / Fresh Fruit	Five A Day Cake Yoghurt / Fresh Fruit 	Yoghurt & Fresh Fruit Station

<b>WEEK THREE</b> 17 Jan 7 Feb 7 Mar 28 Mar	Option 1	Sweet & Sour Butterbeans with 50/50 Rice 	Chicken Tagine with Couscous	Roast Turkey	Beef Chilli & Beans with 50/50 Rice 	Breaded Fish & Chips
	Option 2	Vegetarian Tortilla Stack 	Spicy Bean Burger with Jacket Wedges 	Jollof Rice, Quorn & Beans 	Roasted Vegetable Pizza	Vegetable Enchiladas
	Vegetables	Peppers Sliced Beans Green Bean Power 	Sweetcorn & Peas Mixed Apple & Raisin Salad 	Leeks Roasted Carrots Beetroot & Orange 	Broccoli Cauliflower Grated Carrot Salad 	Steamed Peas Baked Beans Tabbouleh 
	Dessert	Rice Pudding with Mixed Berries Compote Yoghurt / Fresh Fruit	Apple & Raisin Strudel with Custard Yoghurt / Fresh Fruit	Pineapple, Cream Cheese & Crackers Yoghurt / Fresh Fruit	Peach Upside Down Cake with Custard Yoghurt / Fresh Fruit	Yoghurt & Fresh Fruit Station



Added Plant Power



Vegan



Wholemeal



Oily Fish

**Available Daily**

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection