

WHAT'S FOR LUNCH THIS AUTUMN...



Caterlink is an award-winning food service provider catering for primary schools across the country.



We are passionate about providing your children with award winning Food for Life Served Here 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.



IOW AUTUMN MENU 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK ONE 1 Sep 21 Sep 12 Oct 16 Nov 7 Dec	Option 1	Chicken Curry with 50/50 Rice 	Beef Burger in a Bun with Wedges 	Roast Chicken, Stuffing, Roast Potatoes & Gravy	Macaroni Cheese with Garlic Bread 	
	Option 2	Vegetarian Bolognaise with Spaghetti 	Quorn Burger in a Bun with Wedges 	Lentil & Basil Whirl with Roast Potatoes 	Sweet Potato Curry with 50/50 Rice 	
	Vegetables	Cauliflower Broccoli	Coleslaw Mixed Salad	Carrots Cabbage	Vegetable Medley	Baked Beans Peas
	Dessert	Mixed Fruit Crumble with Cream Yoghurt / Fresh Fruit 	Fresh Fruit & Yoghurt Station	Lemon Drizzle Cake Yoghurt / Fresh Fruit	Chocolate & Orange Cake with Choc Sauce Yoghurt / Fresh Fruit	Vanilla Shortbread Yoghurt / Fresh Fruit 
WEEK TWO 7 Sep 28 Sep 2 Nov 23 Nov 14 Dec	Option 1	BBQ Chicken Pasta 	Sausage Roll with Wedges 	Roast Pork with a Baguette or Roast Potatoes & Gravy 	Chicken Wrap with 50/50 Rice 	
	Option 2	Vegetable Tagine with Rice 	Vegan Mexican Roll with Wedges 	Quorn Roast Fillet with Roast Potatoes & Gravy 	Vegetable & Bean Wrap with 50/50 Rice 	
	Vegetables	Sweetcorn Broccoli	Peas Carrot & Beetroot Slaw	Carrots Green Beans	Summer Roasted Vegetables	Baked Beans Peas
	Dessert	Chocolate & Beetroot Brownie Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station	Iced Sponge Yoghurt / Fresh Fruit	Apple Sponge & Custard Yoghurt / Fresh Fruit	Spanish Cookie Yoghurt / Fresh Fruit 
WEEK THREE 14 Sep 5 Oct 9 Nov 30 Nov 21 Dec	Option 1	Cheese & Tomato Pizza with Potato Salad 	Lemon Turkey Stuffed Pitta Pouch with Rice	Roast Gammon, Roast Potatoes & Gravy	Spaghetti Bolognaise 	
	Option 2	Summer Vegetable Risotto 	Tomato & Vegetable Pasta 	Vegetable Wellington, Roast Potatoes & Gravy 	Five Bean Chilli with Rice 	
	Vegetables	Sweetcorn Peas	Tomato & Onion Slaw Grated Carrot & Raisin Salad	Carrot Cabbage	Broccoli Sweetcorn	Baked Beans Peas
	Dessert	Banana Chocolate Oaty Square Yoghurt / Fresh Fruit 	Fresh Fruit & Yoghurt Station	Marble Cake Yoghurt / Fresh Fruit	Orange Drizzle Cake Yoghurt / Fresh Fruit	Peaches & Ice Cream Yoghurt / Fresh Fruit

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Oily Fish
-  Marine Stewardship Council

www.msc.org
Chair of Custody
Reg Code: MML-C1009

Available Daily

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

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