

# WHAT'S FOR LUNCH THIS SPRING/SUMMER?

**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

<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.

## 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.

## 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)

## 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 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**  
feeding the imagination

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**WEEK ONE**

17 April  
8 May  
5 June  
26 June  
17 July  
11 September  
2 October  
23 October

Option one	Macaroni Cheese	Beef Lasagne with Homemade Garlic Bread	Roast Chicken with Roast Potatoes & Gravy	Minced Beef & Onion Pie with New Potatoes	Fish Fingers with Chips & Tomato Sauce
Option two	Vegan Meatballs with Tomato Sauce & Rice	Five Bean Chilli with Rice	Sweet Potato & Spinach Flan with Roast Potatoes & Gravy	Vegan Spaghetti Bolognaise	Vegan Sausage with Chips & Tomato Sauce
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans
Dessert	Vanilla Shortbread	Sticky Toffee Apple Crumble with Custard	Fruit Jelly with Mandarins	Vanilla Sponge with Custard	Chocolate Shortbread

**WEEK TWO**

24 April  
15 May  
12 June  
3 July  
24 July  
18 September  
9 October

Option one	Wholemeal Vegetable Pasta Bake	Pork Sausage with Mashed Potato & Tomato Relish	Roast Turkey with Stuffing, Roast Potatoes & Gravy	Chef's Special Chicken Korma with Rice	Salmon Fish Fingers/ Fish Fingers with Chips & Tomato Sauce
Option two	Spanish Omelette with Potato Wedges	Pilau Rice with Five Beans	Vegetable Wellington with Roast Potatoes & Gravy	Cheese & Tomato Pinwheel with New Potatoes	Beetroot Burger with Chips & Tomato Sauce
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans
Dessert	Lemon & Cucumber Sponge	Marble Sponge with Custard	Oaty Cookie	Peach Crumble & Custard	Apple, Cheese & Crackers

**WEEK THREE**

1 May  
22 May  
19 June  
10 July  
4 September  
25 September  
16 October

Option one	Vegetable Stir Fry Noodles	Spaghetti Bolognaise	Roast Gammon with Roast Potatoes & Gravy	Chicken Enchiladas with Rice	Fish Fingers with Chips & Tomato Sauce
Option two	Vegan Sausage with Mashed Potato & Gravy	Lentil & Sweet Potato Curry with Rice	Vegan Quorn with Roast Potatoes & Gravy	Cheese & Tomato Pizza with Potato Wedges	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans
Dessert	Peaches with Ice Cream	Pear & Chocolate Upside Down Cake with Custard	Apple Flapjack	Banana Sponge with Custard	Fruity Shortbread

**MENU KEY**



Added plant power



Wholemeal



Vegan



Chef's Special

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**Available Daily:**

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

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## WEEK ONE

17 April  
8 May  
5 June  
26 June  
17 July  
11 September  
2 October  
23 October

Option one	Macaroni Cheese #V11	Beef Lasagne with Homemade Garlic Bread #B39 #SD50	Roast Chicken with Roast Potatoes & Gravy #C4 #SD7 #SD82 #SD118	Minced Beef & Onion Pie with New Potatoes #B45 #SD2	Fish Fingers with Chips & Tomato Sauce #F6 #SD5 #SD14
Option two	Vegan Meatballs with Tomato Sauce & Rice #V163 #V225 #SD84	Five Bean Chilli with Rice #V138 #SD84	Sweet Potato & Spinach Flan with Roast Potatoes & Gravy #V213 #SD7 #SD82 #SD118	Vegan Spaghetti Bolognaise #V169 #SD8	Vegan Sausage with Chips & Tomato Sauce #V182 #SD5 #SD14
Vegetables	Carrots #SD28 Green Beans #SD24	Peas #SD18 Broccoli #SD20	Cauliflower #SD27 Carrots #SD28	Broccoli #SD20 Sweetcorn #SD19	Peas #SD18 Baked Beans #SD22
Dessert	Vanilla Shortbread #D57	Sticky Toffee Apple Crumble with Custard #D72 #D2	Fruit Jelly with Mandarins #D217	Vanilla Sponge with Custard #D193 #D2	Chocolate Shortbread #D80

## WEEK TWO

24 April  
15 May  
12 June  
3 July  
24 July  
18 September  
9 October

Option one	Wholemeal Vegetable Pasta Bake #V16	Pork Sausage with Mashed Potato & Tomato Relish #P3 #SD1 #BB16	Roast Turkey with Stuffing, Roast Potatoes & Gravy #T1 #SD40 #SD7 #SD82 #SD118	Chef's Special Chicken Korma with Rice #C86 #SD84	Salmon Fish Fingers/ Fish Fingers with Chips & Tomato Sauce #F1 #F6 #SD5 #SD14
Option two	Spanish Omelette with Potato Wedges #V9 #SD6	Jollof Rice with Five Beans #QB7	Vegetable Wellington with Roast Potatoes & Gravy #V12 #SD7 #SD82 #SD118	Cheese and Tomato Pinwheel with New Potatoes #V40 #SD2	Beetroot Burger with Chips & Tomato Sauce #BB3 #SD5 #SD14
Vegetables	Broccoli #SD20 Peas #SD18	Cauliflower #SD27 Sweetcorn #SD19	Carrot #SD28 Broccoli #SD20	Green Beans #SD24 Carrots #SD28	Peas #SD18 Baked Beans #SD22
Dessert	Lemon & Cucumber Sponge #D184	Marble Sponge with Custard #D199 #D2	Oaty Cookie #D85	Peach Crumble & Custard #D19 #D2	Apple, Cheese & Crackers #D4

## WEEK THREE

1 May  
22 May  
19 June  
10 July  
4 September  
25 September  
16 October

Option one	Chinese Vegetable Noodles #V215	Spaghetti Bolognaise #B37 #SD8	Roast Gammon with Roast Potatoes & Gravy #P5 #SD7 #SD82 #SD118	Chicken Enchiladas with Rice #C14 #SD84	Fish Fingers with Chips & Tomato Sauce #F6 #SD5 #SD14
Option two	Vegan Sausage with Mashed Potato & Gravy #V182 #SD1 #SD118	Lentil & Sweet Potato Curry with Rice #V108 #SD84	Vegan Quorn with Roast Potatoes & Gravy #V204 #SD7 #SD82 #SD118	Cheese & Tomato Pizza with Potato Wedges #V31 #SD6	Cheese & Red Pepper Frittata with Chips & Tomato Sauce #V24 #SD5 #SD14
Vegetables	Carrots #SD28 Peas #SD18	Broccoli #SD20 Sweetcorn #SD19	Cauliflower #SD27 Peas #SD18	Carrots #SD28 Broccoli #SD20	Peas #SD18 Baked Beans #SD22
	Peaches with Ice Cream #D166 #D13	Pear and Chocolate Cake with Custard #D207 #D2	Apple Flapjack #D171	Banana Sponge with Custard #D173 #D2	Fruity Shortbread #D96

## MENU KEY



Added plant power



Wholemeal



Vegan



Chef's Special

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

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Dessert