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# HAT'S FOR LUNCH THIS AUTUMN...

**caterlink**  
feeding the imagination



**Caterlink is an award winning food service provider catering for primary schools.**



We are passionate about providing your children with award winning Food for Life freshly prepared school lunches that are true to our fresh food heritage. We track down the best fresh produce and ensure it reaches each school kitchen as quickly as possible. Our chefs use RSPCA Assured Eggs, Marine Stewardship Council approved sustainable fish and Red Tractor approved fresh meat. The British countryside and its farmers need our support and we are more than happy to give it! JoJoe Crow, our friendly primary school mascot, is always out in our sponsored school kitchen gardens helping pupils learn about the benefits of a healthy diet using home grown produce.

## keep in touch

Your comments are important to us and we value your feedback. Visit our informative web link: [www.caterlinkltd.co.uk](http://www.caterlinkltd.co.uk)  
email: [info@caterlinkltd.co.uk](mailto:info@caterlinkltd.co.uk)  
or call 01892 824604

All our menus are nutritionally analysed to ensure they meet and in most cases exceed **The School Food Standards.**

We hope your child enjoys our new menus.



[www.caterlinkltd.co.uk](http://www.caterlinkltd.co.uk)

Please visit the website for current updates

FRESH  
+  
HEALTHY  
=  
TASTY



## 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 Meal entitlement ask at your school office.

## ALLERGY INFORMATION:

If your child has an allergy or intolerance please speak to your child's school or the Cook Manager on site for information.

Forms available through our website or via the school.



# ONE

# TWO

# THREE

AVAILABLE EVERY DAY...

2 Sept, 23 Sept, 14 Oct  
11 Nov, 2 Dec

9 Sept, 30 Sept, 28 Oct  
18 Nov, 9 Dec

16 Sept, 7 Oct, 4 Nov  
25 Nov, 16 Dec

**Pork Sausage in a Hot Dog Roll with Potato Wedges**  
**Quorn Sausage in a Hot Dog Roll with Potato Wedges**

Sweetcorn & Coleslaw

**Orange Drizzle Cake**  
**Yoghurt / Fresh Fruit Platter**

**Macaroni Cheese**  
**Five Bean Chilli with 50/50 Rice**

Green Beans & Carrots

**Carrot & Courgette Cake with Custard**  
**Yoghurt / Fresh Fruit Salad**

**Roast Chicken & Stuffing with Roast Potatoes & Gravy**  
**Mixed Vegetable Loaf with Roast Potatoes & Gravy**

Cauliflower & Broccoli

**Oaty Cookie**  
**Yoghurt / Fresh Fruit Platter**

**Chicken Arrabiata Pasta**  
**Shepherdess Pie with Gravy**

Roasted Mixed Vegetables

**Apple Crumble with Custard**  
**Yoghurt / Fresh Fruit Salad**

**MSC Fish Fingers / Salmon Fish Fingers with Chips**  
**Cheese & Onion Quiche with Chips**

Baked Beans & Peas

**Fruit & Yoghurt Station**

**Cheese & Tomato Pizza with New Potatoes**  
**Vegetable Tagine with Couscous**

Peppers & Green Beans

**Wholemeal Pear Crumble with Custard**  
**Yoghurt / Fresh Fruit Salad**

**Cottage Pie with Gravy**  
**Vegetarian Soya Spaghetti Bolognese**

Peas & Cauliflower

**Chocolate Shortbread**  
**Yoghurt / Fresh Fruit Platter**

**Roast (as advertised) with Roasted New Potatoes & Gravy**  
**Quorn Fillet with Roasted New Potatoes & Gravy**

Cabbage & Carrots

**Apple Flapjack**  
**Yoghurt / Fresh Fruit Salad**

**Chicken Tagine with Rice**  
**Lentil & Sweet Potato Curry with Rice**

Sweetcorn & Baked Tomatoes

**Eve's Pudding with Custard**  
**Yoghurt / Fresh Fruit Platter**

**MSC Fish Fingers with Chips**  
**Red Pepper & Cheese Frittata**

Baked Beans & Peas

**Fruit & Yoghurt Station**

**Spaghetti Bolognese**  
**Quorn Burger with New Potatoes**

Peas & Carrots

**Banana Loaf with Custard**  
**Yoghurt / Fresh Fruit Salad**

**Chicken, Lentil & Gravy Pie with Mashed Potato Topping**  
**Creamy Vegetable Pie with Mashed Potato & Gravy**

Sweetcorn & Broccoli

**Rice Pudding with Mixed Berries**  
**Yoghurt / Fresh Fruit Platter**

**Roast (as advertised) with Roast Potatoes & Gravy**  
**Vegetarian Wellington with Roast Potatoes & Gravy**

Fresh Mixed Seasonal Vegetables

**Apple, Cheese & Biscuits**  
**Yoghurt / Fresh Fruit Salad**

**Beef Lasagne with Garlic Bread**  
**Roasted Cauliflower Curry with Rice**

Tomato & Onion Salad, Green Beans

**Chocolate & Mandarin Sponge with Chocolate Sauce**  
**Yoghurt / Fresh Fruit Platter**

**MSC Fish in Batter with Chips**  
**Vegetable Wholemeal Pasta Bake**

Baked Beans & Peas

**Fruit & Yoghurt Station**

## Bread

freshly baked on site daily

## Daily salad selection

there will be a selection of salad items available daily

## Jacket potatoes & toppings


available where advertised

**WE USE LOCALLY SOURCED INGREDIENTS WHEN AVAILABLE AND IN SEASON**

All our menus are nutritionally analysed to ensure they meet and in most cases exceed **The School Food Standards**

We hope your child enjoys our new menus.

Menus could be subject to local change, please check your child's school for any bespoke changes.

 Vegetarian option

 Oily fish



Marine Stewardship Council details  
Web: [www.msc.org](http://www.msc.org)  
Chain of Custody  
Registration Code  
MML - C 1009

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY