

WHAT'S FOR LUNCH THIS SPRING...

caterlink
feeding the imagination



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 SPRING MENU 2021

Monday

Tuesday




Wednesday

Thursday

Friday

WEEK ONE

4 Jan
25 Jan
22 Feb
15 Mar

Option 1	Macaroni Cheese	Pork Sausages, Mashed Potatoes & Gravy	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Chicken Tikka Curry with 50/50 Rice 	Fish Fingers/Salmon Fish Fingers with Chips 
Option 2	Soya Spaghetti Bolognaise 	Vegetarian Sausages, Mashed Potatoes & Gravy 	Vegetable Wellington with Roast Potatoes & Gravy 	Lentil & Basil Puff Pastry Whirl with Wedges 	Cheese Frittata with Chips
Vegetables	Sweetcorn Peas	Cauliflower Cabbage	Swede & Carrot Mash	Broccoli Carrots	Baked Beans Peas
Dessert	Marble Sponge with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Apple, Cheese & Crackers Yoghurt / Fresh Fruit	Pineapple Cake Yoghurt / Fresh Fruit	Chocolate Cocoa Cookie Yoghurt / Fresh Fruit 








WEEK TWO

11 Jan
1 Feb
1 Mar
22 Mar

Option 1	Sausage Roll with Wedges	Sweet & Sour Chicken with Rice	Roast Pork, Roast Potatoes & Gravy	Chicken & Red Pepper Pizza with Wedges 	Fish in Batter with Chips
Option 2	Tomato & Vegetable Pasta 	Five Bean Chilli with 50/50 Rice 	Quorn Roast Fillet with Roast Potatoes & Gravy	Lentil & Sweet Potato Curry with 50/50 Rice 	Wholemeal Cheese & Tomato Quiche with Chips 
Vegetables	Sweetcorn Baked Beans	Peas Carrots	Fresh Mixed Vegetables	Sweetcorn Broccoli	Baked Beans Peas
Dessert	Oaty Apple Crumble & Custard Yoghurt / Fresh Fruit 	Chocolate Cake with Chocolate Drizzle Yoghurt / Fresh Fruit	Pear & Ginger Slice Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Orange & Lemon Shortbread Yoghurt / Fresh Fruit 

WEEK THREE

18 Jan
8 Feb
8 Mar

Option 1	Cheese & Tomato French Bread Pizza 	Beef Meatballs in a Tomato Sauce with 50/50 Rice 	Roast Gammon, Roast Potatoes & Gravy	Cottage Pie with Gravy 	Fish Fingers with Chips
Option 2	Jacket Potato with BBQ Beans 	Vegetable Hotpot 	Potato & Courgette Stack with Roast Potatoes	Broccoli & Cheese Pasta Bake	Vegan Mexican Bean Roll with Chips 
Vegetables	Coleslaw Mixed Salad	Sweetcorn Broccoli	Peas Cauliflower	Green Beans Carrots	Baked Beans Peas
Dessert	Oaty Cookie Yoghurt / Fresh Fruit 	Yoghurt / Fresh Fruit	Banana Sponge & Custard Yoghurt / Fresh Fruit	Chocolate & Mandarin Brownie 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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