

# WHAT'S FOR LUNCH THIS AUTUMN / WINTER?

**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.

**Office Tel:** 01273 417169

## 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.

or call **01273 293497** for more information. Apply online at [www.brighton-hove.gov.uk/onlinefreeschoolmeals](http://www.brighton-hove.gov.uk/onlinefreeschoolmeals)

## 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.

## WEEK ONE

30/10  
20/11  
11/12  
15/1  
5/2  
4/3  
25/3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Macaroni Cheese	Chicken Fajitas with Jollof Rice	Roast Turkey with Roast Potatoes & Gravy	Farm Assured Beef Burger in a Bun with Homemade Wedges	MSC Fishfingers with Chips & Homemade Tomato Ketchup
Vegan	5 Bean Chilli with 50:50 Rice	Vegan Sausage with Mashed Potato & Gravy	Sweet Potato & Spinach Tart with Roast Potatoes Tuna Mayonnaise	Veggie Bolognaise	Falafel with Chips & Homemade Tomato Ketchup
Jacket Potato	Baked Beans	Cheese		Baked Beans	Cheese
Vegetables	Carrots and Sweetcorn	Peas and Cauliflower	Cabbage and Carrots	Sweetcorn and Broccoli	Peas and Baked Beans
Dessert	Apple Flapjack (V)	Chocolate & Apple Sponge	Jelly (V) & Ice Cream	Peach & Carrot Cake with Custard	Vanilla Shortbread with Fruity Friday(V)

## WEEK TWO

6/11  
27/11  
1/1  
22/1  
19/2  
11/3

Main	Cheese & Tomato Pizza	Sausage Roll with Homemade Wedges	Roast Chicken with Roast Potatoes & Gravy	Spaghetti Bolognaise	Breaded Fish with Chips & Homemade Tomato Ketchup
Vegan	Lentil & Sweet Potato Curry with 50:50 Rice	Wholemeal Vegetable Pasta Bake with Vegan Cheese	Roast Quorn with Roast Potatoes & Gravy	Vegetable Bean Fajitas with Homemade Wedges	Vegan Sausages with Chips & Homemade Tomato Ketchup
Jacket Potato	Baked Beans	Cheese	Tuna Mayonnaise	Baked Beans	Cheese
Vegetables	Carrots and Sweetcorn	Peas and Cauliflower	Broccoli & Carrots	Green Beans & Sweetcorn	Peas and Baked Beans
Dessert	Cinnamon Cookie (V)	Lemon Cake	Jelly & Mandarins (V)	Cornflake Tart & Custard	Chocolate Orange Cookie with Fruity Friday (V)

## WEEK THREE

13/11  
4/12  
8/1  
29/1  
26/2  
18/3

Main	Pork Sausage with Mashed Potato & Gravy	Sticky Chicken Noodles	Roast Turkey with Roast Potatoes & Gravy	Cheese & Tomato Pizza	Salmon Fishfingers with Chips & Homemade Tomato Ketchup
Vegan	Veggie Cottage Pie	BBQ Quorn with Jollof Rice	Crunchy Top Vegetable Bake with Roast Potatoes Tuna Mayonnaise	Vegan Meatball Pasta Bake with Vegan Cheese	Mexican Bean Roll with Chips & Homemade Tomato Ketchup
Jacket Potato	Baked Beans	Cheese		Baked Beans	Cheese
Vegetables	Carrots and Peas	Cabbage and Sweetcorn	Cauliflower and Carrots	Sweetcorn and Broccoli	Peas and Baked Beans
Dessert	Chocolate Shortbread (V)	Fruit Jelly (V)	Peaches (V) & Ice Cream	Fairtrade Banana Cake & Custard	Oaty Cookie with Fruity Friday (V)

## MENU KEY



Wholemeal

(V)  
Vegan

Available Daily:

Fresh Bread – Salad Selection – Fresh Fruit and Yoghurt

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