

WHAT'S FOR LUNCH THIS AUTUMN/WINTER?

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

In Brighton & Hove we are passionate about providing your children with freshly prepared school lunches that are true to Caterlink's fresh food heritage. Our menus are nutritionally analysed to ensure they meet the School Food Standards required. Across Brighton & Hove we use locally based food providers for our meat products, fruit and vegetables. All of the meats used are UK-based Red Tractor products and are delivered in fresh by local farm-assured butchers, including our farm assured burgers and sausages. Our menu for Brighton & Hove is accredited to the Soil Associations Food For Life Silver standard.

KEEP IN TOUCH

You can keep up to date with what's going on across Brighton & Hove school meals by visiting our web site:

<https://caterlinkltd.co.uk/my-caterlink>

Here you'll find the latest news and information about our current menus and our upcoming theme days. You can also get in touch through our Contact Us page. We appreciate all feedback on our service.

Office Tel: 01273 417169

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 means -tested Free School Meals: this is important and helps school funding.

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

RECRUITMENT

We are always looking for new talented team members. If you are interested in joining Caterlink, or joining our apprenticeship scheme, please visit our web site and get in touch!

<https://caterlinkltd.co.uk/jobs-careers/>

or email

hrrsupport@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

3.11
24.11
15.12
19.1
9.2
9.3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option One	Macaroni Cheese	Chicken Byriani (spiced chicken & Rice) 	Roast Chicken Breast & Stuffing with Roast Potatoes & Gravy	Farm Assured Beef Burger with Seasoned Potatoes	MSC Fishfingers or Salmon Fishfingers with Chips & Homemade Tomato Sauce
Option Two	Vegetable Pasty with Homemade Jacket Wedges (V)	Veggie Mince Bolognese (V)	Mediterranean Gratin with Roast Potatoes & Gravy (V)	Marinated Quorn Fillet with Jollof Rice (V) 	Vegan Sausage with Chips & Homemade Tomato Sauce (V)
Jacket Potato	Baked Beans (V)	Cheese	Tuna Mayonnaise	Baked Beans (V) & Cheese	Cheese
Vegetables	Carrots & Sweetcorn	Peas & Cauliflower	Broccoli & Roasted Butternut Squash	Sliced Carrots & Sweetcorn	Peas & Baked Beans
Dessert	Fruity Shortbread (V) 	Golden Cookie (V) 	Peaches with Ice Cream or Vegan Custard	Apple Crumb Cake with Custard or Golden Cookie (V)	Chocolate Shortbread with Fruity Friday 

WEEK TWO

10.11
1.12
5.1
26.1
23.2
16.3

Option One	Homemade Cheese & Tomato Pizza 	Chicken Sticky Noodles	Roast Turkey with Roast Potatoes, Yorkshire Pudding & Gravy	Pork Sausage Roll with Homemade Jacket Wedges	Breaded Fish with Chips & Homemade Tomato Sauce
Option Two	Mexican Chilli with 50:50 Rice(V) 	Vegan Quorn Sausages with Mashed Potato & Gravy (V)	Sweet Potato & Spinach Tart (V) with Roast Potatoes & Gravy	Vegetable Lasagne or Tomato Pasta Bake (V) 	Falafel with Chips & Homemade Tomato Sauce (V)
Jacket Potato	Baked Beans (V)	Baked Beans (V) & Cheese	Cheese	Tuna Mayonnaise	Cheese
Vegetables	Carrots & Peas	Broccoli & Sweetcorn	Sliced Carrots & Cabbage	Sweetcorn & Coleslaw	Peas & Baked Beans
Dessert	Gingerbread Cookie (V) 	Fruit Jelly with Mandarins (V)	Chocolate & Banana Oaty Square (V)	Rhubarb Crumble with Custard or Vegan Custard (V) 	Vanilla Shortbread with Fruity Friday (V) 

WEEK THREE

17.11
8.12
12.1
2.2
2.3
23.3

Option One	Pork Sausages with Mashed Potato & Gravy	Wholewheat Penne Pasta Beef Bolognese 	Roast Chicken Breast & Stuffing with Roast Potatoes & Gravy	Homemade Cheese & Tomato Pizza 	MSC Fishfingers with Chips & Homemade Tomato Sauce
Option Two	Veggie Mince Bolognese with Wholemeal Pasta(V) 	Vegetable Fajitas with Paprika Wedges (V)	Roast Quorn & Stuffing with Roast Potatoes & Gravy (V)	Coconut & Chickpea Curry with 50:50 Rice (V) 	Mexican Bean Roll with Chips & Homemade Tomato Sauce (V)
Jacket Potato	Baked Beans (V) & Cheese	Tuna Mayonnaise	Cheese	Baked Beans (V)	Cheese
Vegetables	Carrots & Peas	Broccoli & Sweetcorn	Carrots & Cabbage	Sweetcorn & Roasted Vegetables	Peas & Baked Beans
Dessert	Apple Flapjack with Peaches (V) 	Cornflake Tart with Custard or Jam Tart with Vegan Custard (V) 	Jelly(V) with Ice Cream or Vegan Custard (V)	Banana Cake or Chocolate & Banana Oaty Square (V) 	Chocolate Cookie with Fruity Friday (V) 

MENU KEY



Wholemeal

V Vegan

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