

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 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 menu. You can also get in touch through our contact us page, we appreciate all feedback on our service.

Out office No: 01273 417169

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 Meal entitlement ask at your school office.
Email: schoolmeals@brighton-hove.gov.uk

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.



Autumn Winter Menu 2021 2CH + 1PL

Monday

Tuesday

Wednesday

Thursday

Friday

Week One	Main	Macaroni Cheese	Farm Assured Beef Burger in a Bun with homemade Jacket Wedges	Roast Chicken with Roast Potatoes & Gravy	Chicken Tikka Masala with 50:50 Rice	Fish Fingers and Homemade Tomato Sauce
01/11 22/11 13/12 17/01	Vegetarian V-Vegan	Vegan Meatballs with 50:50 Rice (V)	Veggie Bolognese with Pasta (V)	Vegetable and Tomato Tart with Roast Potatoes and Gravy (V)	Vegan Cumberland Sausages & Mashed Potato (V)	Falafel with Chips and Homemade Tomato Sauce (V)
07/02 07/03 28/03	Dessert	Orange & Lemon Cookie (V)	Pineapple Cake & Custard	Peaches & Ice Cream	Carrot Cake	Vanilla Shortbread with Fruity Friday (V)

Week Two	Main	Cheese & Tomato Pizza	Spaghetti Bolognese	Roast Turkey with Roast Potatoes & Gravy	Sausage Roll with Homemade Jacket Wedges	Breaded Fish with Chips and Homemade Tomato Sauce
08/11 29/11 03/01 24/01	Vegetarian V- Vegan	Veggie Mince Shepherds Pie (V)	Homemade Vegan Sausage Roll with Jacket Wedges (V)	Mediterranean Gratin with Roast Potatoes & Gravy (V)	BBQ Quorn Pieces with 50:50 Rice (V)	Vegan Burger (no bun) with Chips and Homemade Tomato Sauce (V)
21/02 14/03 04/04	Dessert	Fairtrade Banana Cake & Custard	Jelly & Mandarins (V)	Yoghurt & Fruit Station	Flapjack (V)	Chocolate Shortbread with Fruity Friday (V)

Week Three	Main	Pork Sausages with Mashed Potato	Chicken Tagine with 50/50 Rice	Roast Chicken or Gammon with Roast Potatoes & Gravy	Margherita Pizza	Salmon Fish Fingers with Chips & Homemade Tomato Sauce
15/11 06/12 10/01 31/01 28/02 21/03	Vegetarian V - Vegan	Lentil & Sweet Potato Curry with 50:50 Rice(V)	Vegetable Pasta Bake (V) (cheese on side)	Lentil & Vegetable Roast with Roast Potatoes & Gravy (V)	Breaded Quorn Finger with Homemade Jacket Wedges (V)	Vegan Cumberland Sausage in a Roll with Chips and Homemade Tomato Sauce (V)
	Dessert	Lemon Cake	Marble Cookie (V)	Fruit Jelly (V)	Chocolate & Beetroot Cake	Oaty Cookie with Fruity Friday (V)

Packed Lunch Option		Vegan Sausage Baguette (V)	Tuna Mayonnaise & Wholemeal Sweetcorn Sandwich	Roast Meat Baguette	Falafel & Salad Pitta (V)	Egg Mayonnaise Roll
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Available Daily:

- Organic Yoghurt and Fresh Fruit available daily as an alternative to the advertised dessert.
- Bread freshly baked on site daily
- Daily salad selection

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