

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 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.

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.

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

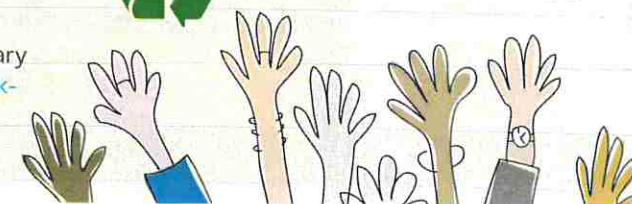
<https://caterlinkltd.co.uk/jobs-careers/>
or email hrrsupport@caterlinkltd.co.uk

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.



CAMDEN AUTUMN/WINTER MENU A

Monday

Tuesday

Wednesday

Thursday

Friday

WEEK ONE

31 Oct
21 Nov
12 Dec
16 Jan
6 Feb
6 March
27 March

Option 1	Beef & Bean Fajitas with Couscous	Chicken Korma with Rice	Roast of the Day with Stuffing, Roast Potatoes & Gravy	BUILD A BURGER DAY A choice of Burger (meat, veggie or vegan) with toppings and Potato Wedges	Fishfingers/ Salmon Fishfingers with Chips or Baby New Potatoes
Option 2	Tomato Pasta	Aubergine & Potato Curry with Rice	Crunchy Top Veg Bake with Roast Potatoes		Omelette with Chips or Baby New Potatoes
Vegetables	Cauliflower Green Beans	Peas Sweetcorn	Carrot & Swede Mash Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
Dessert	Fresh Fruit & Yogurt Station	Eves Pudding served with Custard Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station	Seasonal Root Cake Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station

WEEK TWO

7 Nov
28 Nov
2 Jan
23 Jan
20 Feb
13 March

Option 1	MAC & CHEESE STATION A choice of different Mac & Cheese flavours, with vegetarian toppings	Cajun Chicken with Rice	Roast Turkey & Gravy with Roast Potatoes	Spaghetti Bolognese with Garlic Bread	Fishfingers with Chips or Savoury Cous Cous
Option 2		Chickpea & Apricot Tagine with Couscous	Quorn Casserole with Roast Potatoes	Vegetable Fajitas with Rice	Mexican Roll with Chips or Savoury Cous Cous
Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Brussel Sprouts	Green Beans Roasted Butternut Squash	Peas Baked Beans
Dessert	Fresh Fruit & Yogurt Station	Lemon Drizzle Cake Yoghurt / Fresh Fruit	Fresh Fruit & Yogurt Station	Rice Pudding served with Mixed berries Yoghurt / Fresh Fruit	Fresh Fruit & Yogurt Station

WEEK THREE

14 Nov
5 Dec
9 Jan
30 Jan
27 Feb
20 March

Option 1	Savoury Mince with Rice	Sausage Roll with Potato Wedges	QUIRKY BIRD A choice of flavoured Chicken or vegan Quorn, With Potato Wedges or Jollof Rice and Salads	Sticky Chicken Noodles	Fishfingers with Chips or Baby New Potatoes
Option 2	Veggie Chilli with Rice	Veggie Sausage with Potato Wedges		Chinese Vegetable Curry with Rice	Quiche with Chips or New Potatoes
Vegetables	Green Beans Carrots	Baked Beans Sweetcorn	Cauliflower Peas	Broccoli Carrots	Garden Peas Baked Beans
Dessert	Fresh Fruit & Yogurt Station	Apple & Blackberry Roll served with Custard Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt Station	Banana Sponge with Custard Yoghurt / Fresh Fruit	Fresh Fruit & Yogurt Station

- Added Plant Power
- Vegan
- Wholemeal
- Chef's Special

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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