WHAT'S FOR LUNCH THIS SPRING/SUMMER?

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.

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.

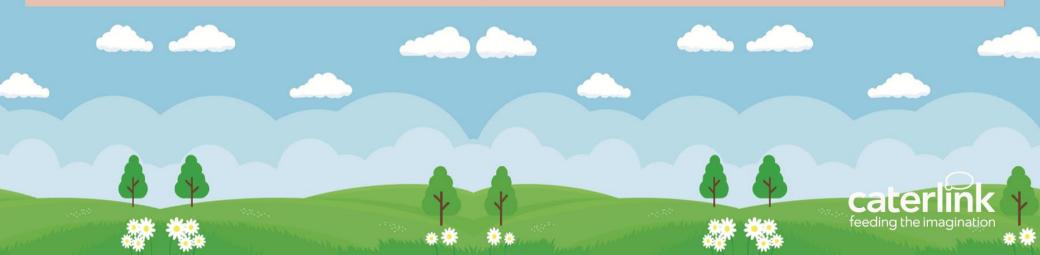
RECRUITMENT

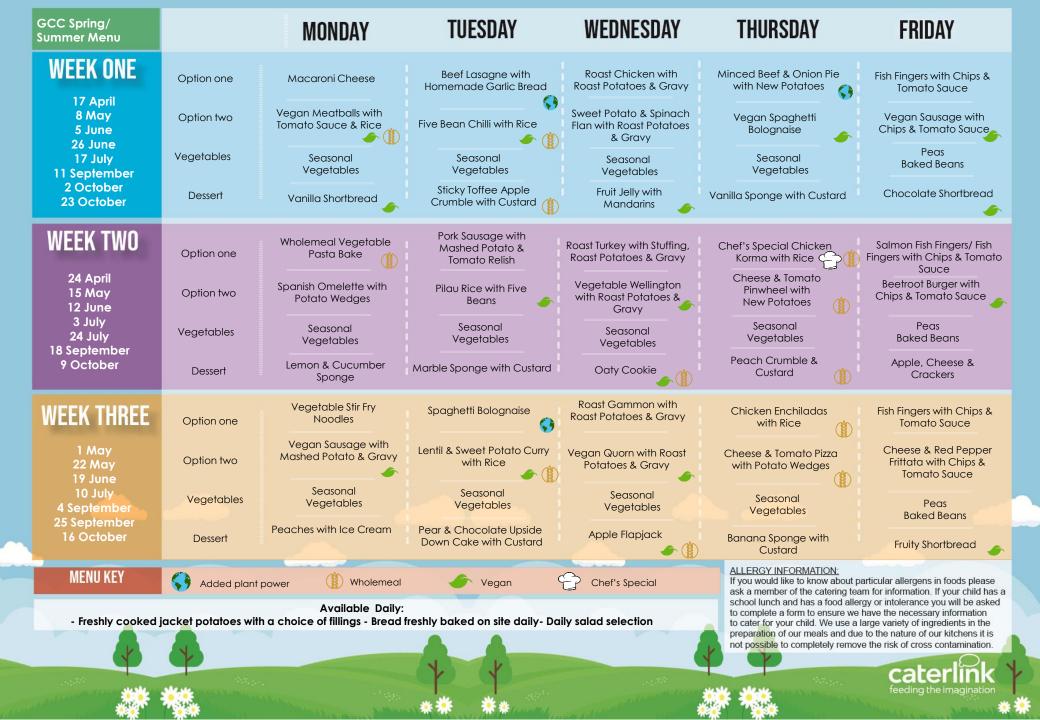
We are always looking for new talented team members, if you are interested in joining Caterlink or becoming an apprentice visit us through our web site.

https://caterlinkltd.co.uk/jobs-careers/ or email hrsupport@caterlinkltd.co.uk

ALLERGY INFOMATION

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.





GCC Spring/ **Summer Menu** 23 October

WEEK ONE

17 April 8 May 5 June 26 June 17 July 11 September 2 October

Option one

Option two

Veaetables

Dessert

MONDAY

Macaroni Cheese #V11

Vegan Meatballs with Tomato Sauce & Rice #V163 #V225 #SD84

Carrots #SD28 Green Beans #SD24

Vanilla Shortbread #D57

TUESDAY

Beef Lasagne with Homemade Garlic Bread #B39 #SD50

Five Bean Chilli with Rice #V138 #SD84

> Peas #SD18 Broccoli #SD20

Sticky Toffee Apple Crumble with Custard #D72 #D2

> Roast Turkey with Stuffing, Roast Potatoes & Gravy

with Roast Potatoes & Gravy #V12 #SD7 #SD82 #SD118

Carrots #SD28

Peach Crumble &

FRIDAY

Fish Fingers with Chips & Tomato Sauce #F6 #SD5 #SD14

Vegan Sausage with Chips & Tomato Sauce #V182 #SD5 #SD14

Peas #SD18 Baked Beans #SD22

Chocolate Shortbread #D80

WEEK TWO

24 April 15 May 12 June 3 July 24 July 18 September 9 October

Option one

Option two

Vegetables

Dessert

Wholemeal Vegetable Pasta Bake #V16

Spanish Omelette with Potato Wedges #V9 #SD6

> Broccoli #SD20 Peas #SD18

Lemon & Cucumber Sponge #D184

Pork Sausage with Mashed Potato & Tomato Relish #P3 #SD1 #BB16

Jollof Rice with Five Beans #QB7

> Cauliflower #SD27 Sweetcorn #SD19

Marble Sponge with Custard #D199 #D2

#T1 #SD40 #SD7 #SD82 #SD118

WEDNESDAY

Roast Chicken with

Roast Potatoes & Gravy

#C4 #SD7 #SD82 #SD118

Sweet Potato & Spinach

Flan with Roast Potatoes

& Gravy #V213 #SD7

#SD82 #SD118

Fruit Jelly with

Mandarins #D217

Cauliflower #SD27

Carrots #SD28

Vegetable Wellington

Carrot #SD28 Broccoli #SD20

Oaty Cookie #D85

Chef's Special Chicken Korma with Rice #C86 #SD84

THURSDAY

Minced Beef & Onion Pie

with New Potatoes #B45

#SD2

Veaan Spaghetti Bolognaise

#V169 #SD8

Broccoli #SD20

Sweetcorn #SD19

Vanilla Sponge with Custard

#D193 #D2

Cheese and Tomato Pinwheel with New Potatoes #V40 #SD2

Green Beans #SD24

Custard **#D19 #D2**

Salmon Fish Fingers/ Fish Fingers with Chips & Tomato Sauce #F1 #F6 #SD5 #SD14

Beetroot Burger with Chips & Tomato Sauce #BB3 #SD5 #SD14

Peas #SD18 Baked Beans #SD22

> Apple, Cheese & Crackers #D4

WEEK THREE

1 May 22 May 19 June 10 July 4 September 25 September 16 October

Option one

Option two

Vegetables

Chinese Vegetable Noodles #V215

Vegan Sausage with Mashed Potato & Gravv #V182 #SD1 #SD118

> Carrots #SD28 Peas #SD18

Peaches with Ice Cream #D166 #D13

Spaahetti Boloanaise #B37 #SD8

Lentil & Sweet Potato Curry with Rice #V108 #SD84

> Broccoli #SD20 Sweetcorn #SD19

Pear and Chocolate Cake with Custard #D207 #D2

Roast Gammon with Roast Potatoes & Gravy #P5 #SD7 #SD82 #SD118

Vegan Quorn with Roast Potatoes & Gravy #V204 #SD7 #SD82 #SD118

> Cauliflower #SD27 Peas #SD18

Apple Flapjack #D171

Chicken Enchiladas with Rice #C14 #SD84

Cheese & Tomato Pizza with Potato Wedaes #V31 #SD6

> Carrots #SD28 Broccoli #SD20

Banana Sponge with Custard #D173 #D2

ALLERGY INFORMATION:

Fish Fingers with Chips & Tomato Sauce #F6 #SD5 #SD14

Cheese & Red Pepper Frittata with Chips & Tomato Sauce #V24 #SD5 #SD14

> Peas #SD18 Baked Beans #SD22

Fruity Shortbread #D96

MENU KEY



Added plant power



Wholemeal





Chef's Special

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection





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