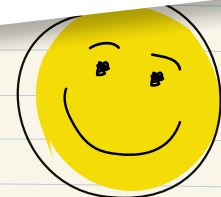


W

HAT'S FOR LUNCH THIS AUTUMN...

caterlink
feeding the imagination



Caterlink is an award winning food service provider catering for primary schools.



We are passionate about providing your children with award winning Food for Life freshly prepared school lunches that are true to our fresh food heritage. We track down the best fresh produce and ensure it reaches each school kitchen as quickly as possible. Our chefs use RSPCA Freedom Food free range eggs, Marine Stewardship Council approved sustainable fish and Red Tractor approved fresh meat. The British countryside and its farmers need our support and we are more than happy to give it! JoJoe Crow, our friendly primary school mascot, is always out in our sponsored school kitchen gardens helping pupils learn about the benefits of a healthy diet using home grown produce.

keep in touch

Your comments are important to us and we value your feedback. Visit our informative web link: www.mycaterlink.co.uk/wbc
email: info@caterlinkltd.co.uk
or call 01892 824604

All our menus are nutritionally analysed to ensure they meet and in most cases exceed **The School Food Standards**.
We hope your child enjoys our new menus.



www.mycaterlink.co.uk/wbc

Please visit the website for current updates



FRESH



HEALTHY



TASTY



DISCOVERY DAYS AVAILABLE THIS TERM



Available at participating schools only.

Is your child entitled to a free school meal?



Any child in Reception, Year 1 and Year 2 is entitled to a free school meal each day, speak to your school to find out how to register. Also if you are in receipt of certain benefits your child may also be eligible for a free school meal.

If you or your child have a food allergy or intolerance, please ask a member of our catering team for information. If you are a parent or guardian and 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.

Forms available through our website or via the school.



ONE

TWO

THREE

AVAILABLE
EVERY DAY...4 Sept, 25 Sept, 16 Oct
13 Nov, 4 Dec11 Sept, 2 Oct, 30 Oct
20 Nov, 11 Dec18 Sept, 9 Oct, 6 Nov
27 Nov, 18 Dec

Pork Sausages with Mashed Potato & Gravy
Quorn Sausages & Mash with Gravy
 Cauliflower & Peas
 Wholemeal Plum & Vanilla Crumble with Custard
 Yoghurt / Fresh Fruit Platter

Lamb Shepherd's Pie with Gravy
Sweet & Sour Vegetables with Noodles
 Carrots & Green Beans
 Apple & Raisin Flapjack
 Yoghurt / Fresh Fruit Salad

Roast Pork with Roast Potatoes and Gravy
Quorn Roast with Roast Potatoes & Gravy
 Savoy Cabbage, Carrot & Swede Mash
 Carrot & Courgette Cake with Custard
 Yoghurt / Fresh Fruit Platter

Chicken Tikka with Rice
Macaroni Cheese with Garlic Bread
 Sweetcorn & Green Salad
 Dutch Apple Pie & Custard
 Yoghurt / Fresh Fruit Salad

MSC Salmon Fishcake with Chips
Creamy Vegetable Pie with Mashed Potato Topping
 Baked Beans & Garden Peas
 Lemon Drizzle Cake
 Yoghurt / Fresh Fruit Chunks



Beef Meat Balls in Tomato Sauce Served with Wholemeal Rice
Vegetable Lasagne with Jacket Wedges
 Coleslaw & Sweetcorn
 Orange Bread & Butter Pudding with Custard
 Yoghurt / Fresh Fruit Platter

Chicken & Broccoli Pasta Bake
Lentil & Basil Puff Pastry Turnover with New Potatoes
 Broccoli & Carrots
 Wholemeal Banana Loaf
 Yoghurt / Fresh Fruit Chunks

Roast Turkey with Roast Potatoes & Gravy
Mixed Vegetable Loaf with Roast Potatoes & Gravy
 Carrots & Cauliflower Florets
 Vanilla Shortbread with Fruit
 Yoghurt / Fresh Fruit Salad

Spaghetti Beef Bolognese
Lentil & Sweet Potato Curry with Rice
 Roasted Mixed Vegetables
 Eve's Pudding with Custard
 Yoghurt / Fresh Fruit Platter

MSC Fish Fingers with Chips
Cheese & Tomato Quiche with Chips
 Baked Beans & Garden Peas
 Chocolate & Beetroot Brownie
 Yoghurt / Fresh Fruit Chunks



BBQ Chicken Pizza with Jacket Wedges
Bean Vegetable Chilli with Rice
 Sweet Corn & Mixed Salad
 Pear Sponge with Custard
 Yoghurt / Fresh Fruit Platter

Minced Beef & Onion Pie with Mashed Potatoes
Vegetable Wholemeal Pasta Bake
 Green Beans & Glazed Carrots
 Rice Pudding with Mixed Berries
 Yoghurt / Fresh Fruit Salad

Roast Chicken with Stuffing, Roast Potatoes & Gravy
Vegetable Wellington with Roast Potatoes & Gravy
 Savoy Cabbage & Broccoli Florets
 Cheese, Apple & Biscuits
 Yoghurt / Fresh Fruit Chunks

Beef Lasagne served with Garlic Bread
Red Pepper Frittata with New Potatoes
 Sweetcorn & Tomato Salad
 Apple & Raisin Strudel with Custard
 Yoghurt / Fresh Fruit Salad

MSC Breaded or Battered Fish with Chips



Cheese & Tomato Pizza with Chips
 Garden Peas & Baked Beans
 Chocolate Crunch Cake
 Yoghurt / Fresh Fruit Platter



Jacket Potatoes

freshly cooked daily where advertised with a choice of fillings

Bread

freshly baked on site daily

Daily salad selection

there will be a selection of salad items available daily

Fresh Fruit & Yoghurt

available daily

**WE USE LOCALLY
 SOURCED INGREDIENTS
 WHEN AVAILABLE
 AND IN SEASON**

All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards

We hope your child enjoys our new menus.

Menus could be subject to local change, please check your child's school for any bespoke changes.



Vegetarian option



Oily fish



Marine Stewardship Council details
 Web: www.msc.org
 Chain of Custody
 Registration Code
 MSC-C-54995

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY