# HAT'S FOR LUNCH THIS SPRING...





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 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 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





In Partnership with: Aca Atife















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.

Forms available through our website or via the school.

## **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.



# ONE

# TWO

# THREE

AVAILABLE EVERY DAY...

Daily salad selection

Fresh Fruit & Yoghurt

WE USE LOCALLY

**SOURCED INGREDIENTS** 

WHEN AVAILABLE AND IN SEASON

The School Food Standards

Menus could be subject to

local change, please check

your child's school for any

bespoke changes.

Tacket Potatoes freshly cooked daily where

Bread

1st Jan, 22nd Jan, 19th Feb 12th Mar

8th Jan, 29th Jan, 26th Feb 19th Mar

15th Jan, 5th Feb, 5th Mar 26th Mar

### **Chicken Chow Mein**

Macaroni Cheese with Tomato Topping

Sweetcorn & Green Beans

Fruity Shortbread Yoghurt / Fresh Fruit Platter

#### Beef Lasagne with Garlic Bread

Wholemeal Spinach & Tomato **Ouiche with New Potatoes** 

Mixed Salad & Garden Peas

**Apple & Mixed Berry Crumble** with Custard Yoghurt / Fresh Fruit Salad

#### **Roast Gammon with Roast Potatoes** & Gravv

**Mixed Vegetable Loaf with** Roast Potatoes & Gravy Carrot & Swede Mash

Cauliflower Florets

Apple, Cheese & Biscuits Yoghurt / Fresh Fruit Platter

#### **Beef Meatballs in a Tomato Sauce** with Rice

Potato & Courgette Laver Bake

Sweetcorn & Broccoli Florets

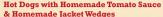
Pineapple Upside Down Cake with Custard Yoghurt / Fresh Fruit Salad

#### MSC Breaded Fish with **Chipped Potatoes & Tomato Sauce** Glamorgan Sausage with

**Chipped Potatoes** 

Baked Beans & Garden Peas

Pear & Ginger Muffin Yoghurt / Fresh Fruit Platter



Vegetable Wholemeal Pasta Bake

Coleslaw & Green Salad

Pear Crumble with Custard Yoghurt / Fresh Fruit Platter

### Wholemeal Barbecue Chicken Pizza with Tacket Potato

Lentil & Vegetable Curry with Rice

Roasted Vegetables

Banana Sponge with Custard Yoghurt / Fresh Fruit Salad

#### **Roast Turkey with Roast Potatoes** & Gravy

Cheese & Pepper Whirl with Roast Potatoes

Broccoli & Sliced Carrots

Chocolate Cookie Yoghurt / Fresh Fruit Platter

#### **Beef Spaghetti Bolognaise** with Garlic Slice

Mixed Bean Cassoulet with New Potatoes

Green Beans & Sweetcorn

Apple & Berry Strudel with Custard Yoghurt / Fresh Fruit Salad

### MSC Battered Fish with **Chipped Potatoes & Tomato Sauce** Cheese & Tomato Pizza with

**Chipped Potatoes** 

Baked Beans & Garden Peas

Chocolate & Orange Brownie Yoghurt / Fresh Fruit Platter

with Oven Baked New Potatoes

Broccoli & Sweetcorn

Yoghurt / Fresh Fruit Platter

### Turkey & Leek Pie with Mashed Potato Topping

**Ouorn Mince Pasta Bolognaise** 

Cauliflower & Green Beans

Apple & Raisin Flapjack

### Roast Chicken with Stuffing. Roast Potatoes & Gravy

with Roast Potatoes

Jelly with a side of Mandarins

### **Beef Tortilla Stack with Garlic Slice**

Chick Pea Aloo Chaat with Rice

Mixed Salad & Sweetcorn

Wholemeal Peach Crumble with Custard Yoghurt / Fresh Fruit Platter

#### MSC Salmon Fish Fingers with **Chipped Potatoes & Tomato Sauce**

Cheese Tomato & Spinach **Frittata with Chipped Potatoes** 

Baked Beans & Garden Peas

Lemon & Cucumber Cake Yoghurt / Fresh Fruit Platter

#### **Beef Macaroni Pastitsio**

**Chinese Vegetarian Spring Roll** 

Carrot & Sultana Cake with Custard

Yoghurt / Fresh Fruit Salad

Vegetarian Wellington

Shredded Cabbage & Carrots

Yoghurt / Fresh Fruit Platter





Vegetarian option



Oily fish



Marine Stewardship Council details Web: www.msc.org Chain of Custody Registration Code MML - C 1009

