

# 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 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.

**Office Tel:** 01273 417169

## 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.

or call **01273 293497** for more information. Apply online at [www.brighton-hove.gov.uk/onlinefreeschoolmeals](http://www.brighton-hove.gov.uk/onlinefreeschoolmeals)

## 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](mailto:hrsupport@caterlinkltd.co.uk)

## allergy information

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.

(V) Vegan  
(W) Wholemeal

**caterlink**  
feeding the imagination

## Brighton & Hove Autumn / Winter 2023/ 2024

Available Daily  
\*Fresh Fruit  
\*Salad

\*Freshly baked bread  
\*Organic Yoghurt

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

<b>WEEK ONE</b>  30.10 20.11 11.12 15.01 05.02 04.03 25.03	<b>Main</b>	Macaroni Cheese	Chicken Fajitas with Jollof Rice	Roast Turkey with Roast Potatoes & Gravy	Farm Assured Beef Burger with Homemade Jacket Wedges	MSC Fishfingers with Chips & Homemade Tomato Ketchup
	<b>Vegan (v)</b>	5 Bean Chilli with 50:50 Rice	Vegan Sausages with Mashed Potato & Gravy	Sweet Potato & Spinach Tart with Roast Potatoes	Veggie Bolognaise	Falafel with Chips & Homemade Tomato Ketchup
	<b>Vegetable</b>	Carrots Sweetcorn	Peas Cauliflower	Carrots Cabbage	Broccoli Sweetcorn	Peas &/or Baked Beans
	<b>Deserts</b>	Apple Flapjack (v)	Chocolate and Apple Sponge	Jelly (v) & Ice Cream	Peach & carrot Cake with Custard	Vanilla Shortbread with Fruity Friday (v)

<b>WEEK TWO</b>  06.11 27.11 01.01 22.01 19.02 11.03	<b>Main</b>	Cheese & Tomato Pizza	Sausage Roll with Homemade Jacket Wedges	Roast Chicken with Roast Potatoes & Gravy	Spaghetti Bolognaise	MSC Breaded Fish with Chips & Homemade Tomato Ketchup
	<b>Vegan (v)</b>	Lentil & Sweet Potato Curry with 50:50 Rice	Wholemeal Vegetable Pasta Bake with Vegan Cheese	Roast Quorn with Roast Potatoes & Gravy	Vegetable Bean Fajitas with Homemade Jacket Wedges	Vegan Sausages with Chips & Homemade Tomato Sauce
	<b>Vegetable</b>	Sweetcorn Carrot	Peas Cauliflower	Broccoli Carrots	Green Beans Sweetcorn	Peas &/ or Baked Beans
	<b>Deserts</b>	Cinnamon Cookie (V)	Lemon Cake	Jelly & Mandarin's (v)	Cornflake Tart & Custard	Chocolate Orange Cookie with Fruity Friday (v)

<b>WEEK THREE</b>  13.11 04.12 08.01 29.01 26.02 18.03	<b>Main</b>	Pork Sausages with Mashed Potato & Gravy	Sticky Chicken Noodles	Roast Turkey with Roast Potatoes & Gravy	Cheese & Tomato Pizza	Salmon Fishfingers with Chips & Homemade Tomato Ketchup
	<b>Vegan (v)</b>	Veggie Cottage Pie	BBQ Quorn with Jollof Style Rice	Crunchy Top Vegetable Bake with Roast Potatoes	Vegan Meatball Pasta Bake with Vegan Cheese	Mexican Bean Roll with Chips & Homemade Tomato Ketchup
	<b>Vegetable</b>	Carrots Peas	Cabbage Sweetcorn	Cauliflower Carrots	Broccoli Sweetcorn	Peas &/or Baked Beans
	<b>Deserts</b>	Chocolate Short Bread (v)	Fruit Jelly (v)	Peaches (v) & Ice Cream	Fairtrade Banana Cake & Custard	Oaty Cookie with Fruity Friday (v)

<b>Sandwich Option 1</b>	Tuna Mayonnaise Wholemeal Sandwich	Pork Sausage bap	Roast Meat Baguette	Vegan Sausage Bap	Chicken Salad Baguette
<b>Option 2</b>	Cheese & Cucumber Wholemeal Sandwich	Sliced Quorn and Salad Bap	Cheese and Tomato Baguette	Mexican Bean Roll	BBQ Quorn Baguette

**caterlink**  
feeding the imagination