

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

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 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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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WEEK ONE

15/04
06/05
03/06
24/06
15/07

Main	Homemade Cheese & Tomato Pizza 🌾	Sticky Chicken Noodles	Roast Chicken with Roast Potatoes & Gravy	Wholewheat Penne Pasta Bolognese 🌾	Fishfingers with Chips & Homemade Tomato Ketchup
Vegetarian	Lentil & Sweet Potato Curry with 50:50 Rice (V) 🌾	Butternut Squash Pasta with Cheese	Roast Quorn with Roast Potatoes & Gravy (V)	Veggie Puff with Homemade Wedges (V)	Vegan Sausages with Chips & Homemade Tomato Ketchup (V)
Vegetables	Carrots & Peas	Sweetcorn & Cabbage	Broccoli & Carrots	Sweetcorn & Spring Greens	Peas & Baked Beans
Deserts	Golden Cookie (V)	Cornflake Tart & Custard	Jelly (V) & Ice Cream	Chopped Fruit Salad (V) & Yoghurt	Chocolate Shortbread with Fruity Friday(V) 🌾

WEEK TWO

22/04
13/05
10/06
01/07
22/07

Main	Macaroni Cheese	Farm Assured Beef Burger With Homemade Wedges & Tomato Relish	Chicken Pie with New Potatoes & Gravy	Chicken Korma with 50:50 Rice 🌾	Breaded Fish with Chips & Homemade Tomato Ketchup
Vegetarian	Vegan Cottage Pie (V)	Vegetarian Enchiladas with Jollof Rice 🌾	Sweet Potato & Spinach Tart with New Potatoes & Gravy (V)	Veggie Bolognese (V)	BBQ Quorn Pieces with Chips and Homemade Tomato Ketchup (V)
Vegetables	Carrots & Sweetcorn	Peas & Coleslaw	Cabbage & Carrots	Broccoli & Sweetcorn	Peas & Baked beans
Deserts	Apple Flapjack (V) 🌾	Fairtrade Chocolate and Beetroot Brownie 🌾	Jelly with Mandarins (V)	Peach & Carrot Cake 🌾	Vanilla Shortbread With Fruity Friday (V)

WEEK THREE

29/04
20/05
17/06
08/07

Main	Pork Sausages with Mashed Potato & Gravy	Homemade Cheese and Tomato Pizza 🌾	Roast Turkey with Roast Potatoes & Gravy	Chicken Pitta with Jollof Rice & Tzatziki 🌾	Salmon or Fishfingers with Chips & Homemade Tomato Ketchup
Vegetarian	Quorn Korma with 50:50 Rice (V) 🌾	Chinese Vegetables with Noodles	Lentil Whirl with Roast Potatoes & Gravy (V)	Vegan Sausages with Mashed Potato & Gravy (V)	Mexican Bean Roll with Chips & Homemade Tomato Ketchup (V)
Vegetable	Carrots & Peas	Green Beans & Sweetcorn	Carrots & Broccoli	Greek Salad & Sweetcorn	Peas & Baked Beans
Deserts	Wholemeal Orange & Cinnamon Shortbread (V) 🌾	Apple Crumble (V) with Custard 🌾	Peaches (V) & Ice Cream	Lemon & Blackberry Cake 🌾	Oaty Cookie with Fruity Friday (V) 🌾

Sandwich Option 1	Hot Vegan Sausage Baguette (V)	Crackers & Cream Cheese	Roast Meat Baguette	Ham & Tomato Wholemeal Sandwich 🌾	Hot Pork Sausage Baguette
Option 2	Mexican Bean Roll (V)	BBQ Quorn Baguette (V)	Cheese and Onion Baguette	Cream Cheese & Cucumber Wholemeal Sandwich 🌾	Tomato Pasta Salad (V)

