

WHAT'S FOR LUNCH THIS SPRING...

caterlink
feeding the imagination



Caterlink is an award-winning food service provider catering for primary schools across the country.



We are passionate about providing your children with award-winning Food for Life Served Here 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 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 is 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.

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

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.

ALLERGY INFORMATION:

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, this can be downloaded from our web site <https://caterlinkltd.co.uk/school/caterlink-primary-division>. 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.



SUTTON SPRING MENU 2021

Monday

Tuesday

Wednesday

Thursday

Friday

WEEK ONE

4 Jan
25 Jan
22 Feb
15 Mar

Option 1	Macaroni Cheese	Beef Burger * in a Bun with Jacket Wedges	Roast Chicken * with Stuffing, Roast Potatoes & Gravy	Chicken Tikka Curry * with 50/50 Rice	MSC Salmon Fish Fingers with Chips
Option 2	Soya Spaghetti Bolognaise	Quorn Burger in a Bun with Jacket Wedges	Vegetable Wellington with Roast Potatoes & Gravy	Vegetable Enchiladas with 50/50 Rice	Wholemeal Cheese & Tomato Quiche with Chips
Vegetables	Sweetcorn Peppers	Carrots Baked Beans	Swede Cabbage	Broccoli Carrots	Baked Beans Peas
Dessert	Fruit Crumble with Custard Yoghurt / Fresh Fruit	Mandarins with Ice Cream Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit Salad	Marble Sponge & Custard Yoghurt / Fresh Fruit	Vanilla Shortbread with Fruit Yoghurt / Fresh Fruit

WEEK TWO

11 Jan
1 Feb
1 Mar
22 Mar

Option 1	Lentil & Sweet Potato Curry with Rice	Mexican Beef Chilli * with 50/50 Rice	Roast Pork * with Roast Potatoes & Gravy	Chicken * & Red Pepper Pizza with Wedges	MSC Fish in Batter with Chips
Option 2	Tomato & Vegetable Pasta	Vegetable Hotpot	Quorn Roast Fillet with Roast Potatoes & Gravy	Vegetable Lasagne	Cheese Frittata with Chips
Vegetables	Sweetcorn Broccoli	Peas Carrots	Cauliflower Carrots	Sweetcorn Green Beans	Baked Beans Peas
Dessert	Oaty Apple Crumble & Custard Yoghurt / Fresh Fruit	Rice Pudding with Mixed Berries Yoghurt / Fresh Fruit	Chocolate Sponge with Chocolate Sauce Yoghurt / Fresh Fruit	Pear & Ginger Slice Yoghurt / Fresh Fruit	Peaches & Ice Cream Yoghurt / Fresh Fruit

WEEK THREE

18 Jan
8 Feb
8 Mar
29 Mar

Option 1	Cheese and Tomato Pizza with Jacket Wedges	Pork Sausages * Mashed Potatoes & Gravy	Roast Turkey *, Roast Potatoes & Gravy	Chicken * & Sweetcorn Pie, New Potatoes & Gravy	MSC Fish Fingers with Chip
Option 2	Broccoli & Cheese Pasta Bake	Vegetarian Sausages, Mashed Potatoes & Gravy	Lentil & Basil Puff Pastry with Roast Potatoes	Five Bean Chilli with 50/50 Rice	Vegan Mexican Bean Roll with Chips
Vegetables	Roast Peppers Green Beans	Baked Tomatoes Sweetcorn	Peas Roasted Seasonal Vegetables	Green Beans Carrots	Baked Beans Peas
Dessert	Carrot & Courgette Cake with Custard Yoghurt / Fresh Fruit	Jelly with Mandarins Yoghurt / Fresh Fruit	Oaty Cookie Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit Salad	Chocolate & Mandarin Brownie Yoghurt / Fresh Fruit

*** HALAL OPTION AVAILABLE**

 Added Plant Power
 Vegan
 Wholemeal
 Oily Fish
 Marine Stewardship Council
 www.msc.org
 Chair of Custody
 Reg Code: MML-C1009

Available Daily

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

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