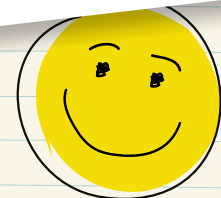


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HAT'S FOR LUNCH THIS AUTUMN...

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/gcc
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/gcc

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 Dec

11 Sept, 2 Oct, 23 Oct
20 Nov, 11 Dec

18 Sept, 9 Oct, 6 Nov
27 Nov, 18 Dec

Sausages with Mashed Potato & Gravy
Vegetable Cottage Pie with Mashed Potato Topping

Jacket Potato with Beans
Cauliflower & Peas

Plum & Vanilla Oaty Crumble with Custard
Yoghurt / Fresh Fruit Platter

Chicken Tikka & Rice
Sweet & Sour Vegetables with Rice

Tomato Soup & Filled Baguette
Carrots & Green Beans
Banana Cake & Custard
Yoghurt / Fresh Fruit Salad

Roast Gammon with Roast Potatoes & Gravy
Vegetable Pasty with Roast Potatoes & Gravy

Jacket Potato with Salmon Mayo
Savoy Cabbage & Swede
Chocolate Sponge with Chocolate Icing
Yoghurt / Fresh Fruit Platter

Organic Beef Mince Cottage Pie
Quorn Sausage with Mashed Potato & Gravy

Vegetable Soup & Filled Baguette
Sweetcorn & Carrots
Apple Pie & Custard
Yoghurt / Fresh Fruit Salad

MSC Salmon Fishcake with Chips
Roasted Vegetable Fajita Wrap

Jacket Potato with Cheese
Baked Beans & Garden Peas
Flapjack
Yoghurt / Fresh Fruit Chunks

Beef Burger in a Bun with Jacket Wedges
Bean & Vegetable Hotpot with Jacket Wedges

Jacket Potato with Beans
Coleslaw & Sweetcorn

Pineapple Upside Down Cake with Custard
Yoghurt / Fresh Fruit Platter

Chicken Neapolitan Pasta
Macaroni Cheese with Garlic Slice

Tomato Soup & Filled Baguette
Broccoli & Carrots
Lemon Mixed Berry Cake & Custard
Yoghurt / Fresh Fruit Chunks

Roast Turkey with Roast Potatoes & Gravy

Mixed Vegetable Loaf with Roast Potatoes & Gravy

Jacket Potato with Salmon Mayo
Carrots & Green Beans
Vanilla Shortbread
Yoghurt / Fresh Fruit Salad

Organic Beef Mince Tortilla Stack
Vegetable Pasta Bolognese

Vegetable Soup & Filled Baguette
Roasted Mixed Vegetables
Eves Pudding with Custard
Yoghurt / Fresh Fruit Platter

MSC Fish Fingers with Chips
Cheese & Tomato Quiche with Chips

Jacket Potato with Cheese
Baked Beans & Garden Peas
Chocolate Brownie
Yoghurt / Fresh Fruit Chunks

BBQ Chicken Pizza with Jacket Wedges
Vegetable Tortilla Stack

Jacket Potato with Beans
Sweetcorn & Mixed Peppers
Pear Sponge with Custard
Yoghurt / Fresh Fruit Platter

Organic Beef Mince Chilli with Rice
Lentil & Sweet Potato Curry with Rice

Tomato Soup & Filled Baguette
Green Beans & Glazed Carrots
Apple Crumble & Custard
Yoghurt / Fresh Fruit Salad

Roast Chicken with Stuffing with Roast Potatoes & Gravy
Vegetable Wellington with Roast Potatoes & Gravy

Jacket Potato with Salmon Mayo
Savoy Cabbage & Sweetcorn
Chocolate Crunch
Yoghurt / Fresh Fruit Chunks

Organic Beef Mince Pasta Bolognese
Cheese Tomato Pizza with Wedges

Vegetable Soup & Filled Baguette
Broccoli & Mixed Salad
Jam Sponge with Custard
Yoghurt / Fresh Fruit Salad

MSC or Battered Fish with Chips
Spanish Omelette with Chips

Jacket Potato with Cheese
Garden Peas & Baked Beans
Lemon Drizzle Cake
Yoghurt / Fresh Fruit Platter

Jacket Potatoes

freshly cooked daily, with a choice of fillings where advertised.

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