

WHAT'S FOR LUNCH THIS AUTUMN...

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! Jobee 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.

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.

keep in touch

Your comments are important to us and we value your feedback. Visit our informative web link: www.mycaterlink.co.uk/lbc
email: info@caterlinktd.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/lbc

Please visit the website for current updates



Camden

FRESH



HEALTHY



TASTY



**DISCOVERY DAYS
AVAILABLE THIS TERM**

**HARVEST
FESTIVAL**



**CHRISTMAS
Lunch**



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.



caterlink
feeding the imagination

ONE

3 Sept, 24 Sept, 15 Oct
12 Nov, 3 Dec

MONDAY

Sausage Pasta Bake
Vegetarian Sausage Pasta Bake
Baked Tomatoes & Peas
Wholemeal Apple Crumble & Custard
Yoghurt / Fresh Fruit Platter

TUESDAY

Chicken & Ginger Stir Fry with Noodles
Quorn Chow Mein with Noodles
Peppers & Green Beans
Chocolate & Beetroot Cake
Yoghurt / Fresh Fruit Salad

WEDNESDAY

Roast & Gravy
Vegetable Enchiladas
Carrot & Swede Mash, Roast Potatoes or Rice
Cheese, Apple & Biscuits
Yoghurt / Fresh Fruit Platter

THURSDAY

Chicken Paella
Lentil & Sweet Potato Curry with Rice
Sweetcorn & Broccoli
Fruit Strudel with Custard
Yoghurt / Fresh Fruit Salad

FRIDAY

MSC Salmon Fishcake / Fish Fingers
Potato & Courgette Layer Bake
Baked Beans, Garden Peas, Chips or Garlic Slice
Yoghurt & Fruit Station

TWO

10 Sept, 1 Oct, 22 Oct
19 Nov, 10 Dec

Spaghetti Beef Bolognese
Chickpea Aloo Chat served with Rice
Coleslaw & Sweetcorn
Eve's Pudding with Custard
Yoghurt / Fresh Fruit Platter

Chicken & Broccoli Pasta Bake
Broccoli Pasta Bake with Butter Beans
Peas & Carrots
Pineapple Loaf
Yoghurt / Fresh Fruit Chunks

Roast & Gravy
Mixed Vegetable Loaf with Gravy
Broccoli, Cauliflower, Roast Potatoes or Boiled Potatoes
Cheese, Apple & Biscuits
Yoghurt / Fresh Fruit Salad

Beef Meatballs in Tomato Sauce & Rice
Vegetarian Meat Balls in a Tomato Sauce & Rice
Roasted Mixed Vegetables
Oaty Peach Crumble with Custard
Yoghurt / Fresh Fruit Platter

MSC Breaded Fish
Wholemeal Cheese & Tomato Quiche
Baked Beans, Garden Peas
Chips or New Potatoes
Yoghurt & Fruit Station

THREE

17 Sept, 8 Oct, 5 Nov
26 Nov, 17 Dec

Wholemeal Chicken & Red Pepper Pizza with Jacket Wedges
Wholemeal Cheese & Tomato Pizza with Jacket Wedges

Sweetcorn & Mixed Peppers
Mandarin Upside Down Cake with Custard
Yoghurt / Fresh Fruit Platter

Cottage Pie with Gravy
Vegetable & Butter Bean Cobbler
Green Beans, Glazed Carrots & Mashed Potato
Rice Pudding with Mixed Berries
Yoghurt / Fresh Fruit Salad

Roast & Gravy
Vegetable Wellington & Gravy
Savoy Cabbage, Sweetcorn,
Roast Potatoes or Boiled Potatoes
Cheese, Apple & Biscuits
Yoghurt / Fresh Fruit Chunks

Beef Lasagne with Garlic Bread
Soya Mince Lasagne with Garlic Bread
Broccoli & Tomato Salad
Chocolate & Banana Oaty Square
Yoghurt / Fresh Fruit Salad

MSC Battered Fish
Five Bean Chili
Baked Beans, Garden Peas, Chips or Rice
Yoghurt & Fruit Station

AVAILABLE EVERY DAY...

Jacket Potatoes

freshly cooked daily where advertised with a choice of fillings

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