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HAT'S FOR LUNCH THIS SPRING...

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.

In Partnership with:



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/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



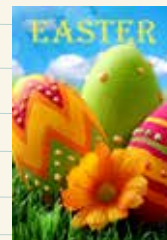
HEALTHY



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.

ONE

TWO

THREE

AVAILABLE
EVERY DAY...

2nd Jan, 23rd Jan, 20th Feb
13th Mar

9th Jan, 30th Jan, 27th Feb
20th Mar

16th Jan, 6th Feb, 6th Mar
27th Mar

Meatballs in Gravy with Spaghetti
Cheese, Tomato & Spinach Quiche (made
with wholemeal flour) with New Potatoes
Jacket potato with tuna
Carrots & Swede
Eve's Pudding with Custard
Yoghurt / Fresh Fruit Platter

Diced Pork Goulash with Rice
Macaroni Cheese with Tomato Topping
Jacket Potato with Cheese
Sweetcorn & Peas
Fruit Jelly
Yoghurt / Fresh Fruit Salad

Roast Chicken with Roast Potatoes & Gravy
Sweet & Sour Quorn with Noodles
Jacket Potato with Beans
Cabbage & Carrots
Chocolate Shortbread
Yoghurt / Fresh Fruit Platter

Cottage Pie
(made with organic mince)
Spring Vegetable Cottage Pie
Jacket Potato with Salmon Mayo
Green Beans & Cauliflower
Wholemeal Pear & Raisin Upside Down
Cake with Custard
Yoghurt / Fresh Fruit Salad

MSC Fishwich with Chips
Veggie Hot Dog with Chips
Jacket Potato with Beans
Beans & Garden Peas
Iced Sponge
Yoghurt / Fresh Fruit Chunks



Sausages & Mash with Gravy
Vegetable Sausage with Mash
Jacket Potato with Tuna
Garden Peas & Carrots
Fruit Crumble with Custard
Yoghurt / Fresh Fruit Platter

BBQ Chicken Pizza (Free Range Chicken)
with Half Baked Potato
Cheese & Tomato Pizza
(made with Wholemeal Bread)
Jacket Potato with Cheese
Coleslaw & Mixed Salad
Chocolate Muffin with Chocolate Sauce
Yoghurt / Fresh Fruit Chunks

Roast Ham with Roast Potatoes & Gravy
Red Pepper & Cheese Frittata
with Roast Potatoes
Jacket Potato with Beans
Broccoli & Crushed Swede
Carrot Cake
Yoghurt / Fresh Fruit Salad

Spaghetti Bolognese
(made with organic mince)
Vegetable Pasta Bolognese
Jacket Potato with Salmon Mayo
Green Beans & Sweetcorn

Wholemeal Banana Sponge with Custard
Yoghurt / Fresh Fruit Platter

MSC Battered Fish with Chips
& Tomato Sauce
Vegetable Wrap with Chips
Jacket Potato with Beans
Baked Beans & Garden Peas
Toffee Crispy
Yoghurt / Fresh Fruit Chunks



Beef Burger in a Bun
with Baby New Potatoes
Vegetable & Bean Cobbler
with New Potatoes
Jacket Potato with Tuna
Carrots & Sweetcorn
Pineapple Upside Down Cake with
Custard
Yoghurt / Fresh Fruit Platter

Chicken Risotto
Lentil & Spinach Curry with Rice
Jacket Potato with Cheese
Cauliflower & Broccoli
Chocolate Oaty Square
with Chocolate Sauce
Yoghurt / Fresh Fruit Salad

Roast Turkey with Roast Potatoes & Gravy
Vegetarian Wellington
with Roast Potatoes
Jacket Potato with Beans
Shredded Cabbage & Carrots
Orange Triangle Cake
(contains Wholemeal Flour)
Yoghurt / Fresh Fruit Chunks

Lasagne with Garlic Slice
(made with Organic Beef)
Vegetable Goulash with Rice
Jacket Potato with Salmon Mayo
Roasted Vegetable Medley
Chocolate & Beetroot Brownie
Yoghurt / Fresh Fruit Salad

MSC Fish Fingers with Chips
& Tomato Sauce
Bean & Lentil Burger with Chips
Jacket Potato with Beans
Baked Beans & Garden Peas
Fruit Flapjack
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
MML - C 1009

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY