

# WHAT'S FOR LUNCH THIS SPRING/SUMMER?

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.

**caterlink**  
feeding the imagination

## KEEP IN TOUCH

You can keep up to date with what's going on by visiting our web site <https://caterlinktd.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://caterlinktd.co.uk/jobs-careers/>  
or email [hrsupport@caterlinktd.co.uk](mailto:hrsupport@caterlinktd.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://caterlinktd.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.



# KENT & SUSSEX SPRING/SUMMER 2022 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>WEEK ONE</b> 18 Apr 9 May 6 Jun 27 Jun 18 Jul 12 Sep 3 Oct	Option 1	Sausage, Tomato & Vegetable Pasta Bake	Jerk Chicken with Rice 	Roast Gammon, Roast Potatoes & Gravy	Beef Tortilla Stack	Fish Fingers with Chips & Tomato Sauce
	Option 2	Spanish Omelette with New Potatoes	BBQ Quorn Fillet with Rice 	Potato & Courgette Layer Bake with Roast Potatoes & Gravy	Quorn Chow Mein Noodles	Cheese & Potato Whirl with Chips & Tomato Sauce
	Vegetables	Peas Rainbow Slaw	Sweetcorn Mixed Peppers	Mixed Vegetables	Green Beans Carrots	Peas Baked Beans
	Dessert	Banana Cake with Custard Yoghurt / Fresh Fruit	Apple Flapjack, Yoghurt / Fresh Fruit 	Peaches & Ice Cream, (Serving's - Peaches & Shortbread Biscuit) Yoghurt / Fresh Fruit 	Orange Cookie  Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt
<b>WEEK TWO</b> 25 Apr 16 May 13 Jun 4 Jul 29 Aug 19 Sep 10 Oct	Option 1	Macaroni Cheese	Spaghetti Bolognese with Garlic Bread 	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Chicken Curry with Rice 	Fish in Batter with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Cous Cous 	Veggie Spaghetti Bolognese with Garlic Bread 	Roast Quorn Fillet, Roast Potatoes, Stuffing & Gravy 	Quorn Burger in a Bun with Wedges & Tomato Sauce	Cheese & Bean Pasty with Chips & Tomato Sauce
	Vegetables	Mixed Vegetables	Sweetcorn Cauliflower	Carrots Peas	Broccoli Sweetcorn	Peas Baked Beans
	Dessert	Apple & Berry Crumble with Custard Yoghurt / Fresh Fruit 	Lemon Drizzle Cake Yoghurt / Fresh Fruit	Apple, Cheese & Crackers Yoghurt / Fresh Fruit	Chocolate Brownie with Cream Yoghurt / Fresh Fruit	Fresh Fruit & Yoghurt
<b>WEEK THREE</b> 2 May 23 May 20 Jun 11 Jul 5 Sep 26 Sep 17 Oct	Option 1	Cheese & Ham Pizza with New Potatoes 	Pork Sausage Hot Dog with Wedges & Tomato Sauce	Roast Turkey, Roast Potatoes & Gravy	Chicken Fajitas with Rice 	Fish Fingers with Chips & Tomato Sauce 
	Option 2	Cheese & Tomato Pizza with New Potatoes 	Quorn Sausage Hot Dog with Wedges & Tomato Sauce 	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy 	Vegetable Enchiladas with Rice 	Cheese & To Frittata with Chips & Tomato Sauce 
	Vegetables	Coleslaw Sweetcorn	Baked Beans Peas	Carrot Broccoli	Mixed Vegetables	Peas Baked Beans
	Dessert	Apple Crumble with Cream Yoghurt / Fresh Fruit	Lemon & Mixed Berry Cake Yoghurt / Fresh Fruit	Fruit Jelly with Mandarins Yoghurt / Fresh Fruit	Chocolate Sponge & Chocolate Sauce Yoghurt / Fresh Fruit 	Fresh Fruit & Yoghurt



Added Plant Power



Vegan



Wholemeal

**Available Daily**

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