

Your New Menu is here!

Spring Summer 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 15/04/2024 06/05/2024 03/06/2024 24/06/2024 15/07/2024 09/09/2024 20/09/2024 21/10/2024	Option One Cheese & Tomato Pizza with Potato Wedges	Penne Bolognese With Garlic Bread	Roast Chicken with Roasted Potatoes & Gravy	YAMASI Greek Chicken Pita with Wedges & (optional) Tzatziki dip	Fishfingers with Chips & Tomato Sauce
Option Two	NEW Vegetable Stack with Potato Wedges	Vegan Penne Bolognese With Garlic Bread	Vegan Sausages with Roast Potatoes & Gravy	Cheese Whirl with Wedges and (optional) Tzatziki dip	BBQ Quorn with Chips & Tomato Sauce
Side	Rainbow Slaw	Green Beans Carrots	Peas Sweetcorn	Chunky Mixed (Greek style) Salad	Baked Beans & Peas
Dessert	Fruit Salad	Apple Crumble with Ice Cream	NEW Berry Mousse	Iced Vanilla Sponge	Vanilla Shortbread
WEEK TWO 22/04/2024 13/05/2024 10/06/2024 01/07/2024 22/07/2024 16/09/2024 07/10/2024	Option One Mac 'N Cheese Station A choice of different Mac & Cheese flavours, with a selection of toppings	Beef Burger with Potato Wedges & Tomato Sauce	Roast Turkey, Stuffing, Roast Potatoes, & Gravy	Beef Lasagne with Garlic Bread	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
Option Two		Vegan Burger with Potato Wedges & Tomato Sauce	Vegetable Wellington, Stuffing, Roast Potatoes & Gravy	Vegetable Curry with Rice	NEW Vegan Sausage Roll with Chips & Tomato Sauce
Side	Garlic Bread Mixed Salad	Rainbow Slaw	Spring Greens Carrots	Sweetcorn Green Beans	Baked Bean & Peas
Dessert	NEW Chocolate Brownie	NEW Iced Biscuit	Fruit Medley	Jelly with Mandarins	Oaty Cookie
WEEK THREE 29/04/2024 20/05/2024 17/06/2024 06/07/2024 22/09/2024 23/09/2024 14/10/2024	Option One Cheese and Tomato Pizza Roll with Potato & Chive Salad	FIESTA ESPANOL Chicken Fajitas with Potatoes, Bravas or Veggie Meatballs with Potatoes, Bravas	Roast Chicken, New Potatoes & Gravy	NEW Chicken Fajitas with Rice	Fishfingers with Chips & Tomato Sauce
Option Two	Vegan Chili with Rice		Pannip & Sweet Potato Loaf with Roasted New Potatoes & Gravy	Macaroni Cheese with Garlic Bread	Cheese & Bean Pasty with Chips
Side	Mixed Salad	Roasted Pepper, Onions & Butternut squash	Peas Sweetcorn	Mixed Salad	Baked Beans & Peas
Dessert	Fruit with Ice Cream	Syrup Snap Biscuit	Fruit Platter	Chocolate Shortbread	Summer Lemon Cake

MENU KEY

- Added Plant Power
- Wholemeal
- Vegan
- Chef's Special

Available Daily:

- * Freshly Cooked Jacket Potatoes with either cheese, baked bean or tuna-mayo. All served with salad.
- * Freshly baked bread and salad selection also available for all meals
- * a choice of Yoghurt & Fresh Fruit available daily

ALLERGY INFORMATION:
If you would like to know about particular allergens in foods 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. 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 allergen cross contact.

caterlink
feeding the imagination

YOUR NEW SPRING SUMMER MENU HAS ARRIVED (full size menu is attached) this menu is packed with seasonal dishes to compliment the summer term

The menu will go live on ParentPay after the Easter half term and is full of old favourites along with some new dishes.

We have a new Spanish inspired concept **FIESTA ESPANOL** bringing you all the flavours from the mediterranean (more about this on page 2), plus back by popular demand is the return of **YAMASI!**

Why choose a Caterlink School Meal

We have won a number of awards for using honest, local produce and pride ourselves on making fresh and nutritionally balanced meals.

Behind every meal is a team of dedicated chefs and nutritionists. **Did you know?** Most of our meals are made completely from scratch in-house!

We don't add any salt to any of our meals!

Our pizzas are homemade and made using 50/50 wholemeal flour for extra added fibre! And our meat products are freshly delivered from our local butchers.

We often have **Meat Free Mondays** to support sustainable eating. We also have recipes with **Added Plant Power** identified by this logo

Our desserts are handmade in house.

On average, our meals contain **37% less free sugars** than the government recommendations for school meals.

Many of our desserts contain hidden **wholegrains** and are **sweetened with fruit** so they count toward **one of your child's 5-a-day!**

Sign-up today!

Please speak to reception.

Per meal, we provide:

- 1 portion of protein
- 1 portion of carbohydrates
- 2 portions of vegetables
- A choice of salad available daily
- Freshly baked bread
- One homemade dessert

We ensure the menu adheres to the **School Food Standards**. That means your child is getting a **well balanced and nutritious** meal through out their school day.

caterlink
feeding the imagination

FIESTA ESPANOL

Hola to our new Spanish food concept - Fiesta Espanol - Fiesta Espanol means Spanish feast. This concept brings together the classic paella with fragrant tapas dishes, such as - smoky patatas bravas, mediterranean vegetables and rich tomato dishes all complement this fiesta!

Chicken Paella with Roasted Summer Vegetables



Albondigas (Veggie Meatballs) in a Butterbean Sauce



Spanish Tortilla with Patatas Bravas



My caterlink School Lunch



Water is served with all our meals

All our meals contain a portion of carbohydrates and a portion of protein. All meals are portioned in line with the School Food Standards regulations.

Our fish is sustainably sourced MSC fish

Scan the QR code to explore the School Food Standards we adhere to.

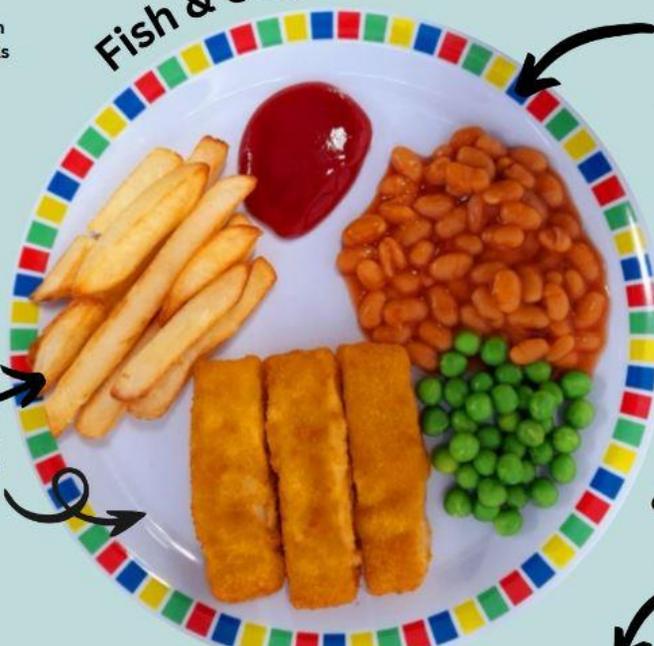


caterlink
feeding the imagination



50/50 wholemeal bread is freshly baked everyday in our kitchens and served alongside our meals for children to enjoy.

Fish & Chips



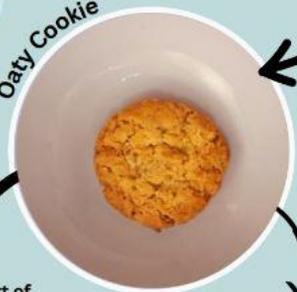
Two different vegetables are offered with all our meals. Totalling at 50g.



Salad is available each day, with five different vegetables on offer!

We provide homemade desserts, lots of which are made with 50% fruit to count toward the 5-a-day guidelines.

Oaty Cookie



A dessert of fruit & yoghurt is also offered daily.

I contain hidden wholegrains for fibre!



caterlink
feeding the imagination