

## Your New Menu is here!

Spring Summer 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b> 15/04/2024 04/05/2024 03/06/2024 15/07/2024 09/09/2024 20/09/2024 21/10/2024	<b>Option One</b> Cheese & Tomato Piza with Potato Wedges	Penne Bolognese With Garlic Bread	Roast Chicken with Roasted Potatoes & Gravy	<b>YAMAS!</b> Greek Chicken Pita with Wedges & (optional) Tzatziki dip	Fishfingers with Chips & Tomato Sauce
<b>Option Two</b>	<b>NEW</b> 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
<b>Side</b>	Rainbow Slaw	Green Beans Carrots	Peas Sweetcorn	Chunky Mixed (Greek style) Salad	Baked Beans & Peas
<b>Dessert</b>	Fruit Salad	Apple Crumble with Ice Cream	<b>NEW</b> Berry Mousse	Iced Vanilla Sponge	Vanilla Shortbread
<b>WEEK TWO</b> 22/04/2024 13/05/2024 10/06/2024 01/07/2024 22/07/2024 16/09/2024 07/10/2024	<b>Option One</b> <b>Mac 'N' Cheese Station</b> 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
<b>Option Two</b>		Vegan Burger with Potato Wedges & Tomato Sauce	Vegetable Wellington, Stuffing, Roast Potatoes & Gravy	Vegetable Curry with Rice	<b>NEW</b> Vegan Sausage Roll with Chips & Tomato Sauce
<b>Side</b>	Garlic Bread Mixed Salad	Rainbow Slaw	Spring Greens Carrots	Sweetcorn Green Beans	Baked Bean & Peas
<b>Dessert</b>	<b>NEW</b> Chocolate Brownie	<b>NEW</b> Iced Biscuit	Fruit Medley	Jelly with Mandarins	Oaty Cookie
<b>WEEK THREE</b> 29/04/2024 20/05/2024 17/06/2024 06/07/2024 02/08/2024 23/09/2024 14/10/2024	<b>Option One</b> Cheese and Tomato Piza-Roll with Potato & Chive Salad	<b>FIESTA ESPANOL</b> Chicken Paella with Chicken Bravas or Veggie Meatballs with Potatoes Bravas	Roast Chicken, New Potatoes & Gravy	<b>NEW</b> Chicken Fajitas with Rice	Fishfingers with Chips & Tomato Sauce
<b>Option Two</b>	Vegan Chili with Rice		Parsnip & Sweet Potato Loaf with Roasted New Potatoes & Gravy	Macaroni Cheese with Garlic Bread	Cheese & Bean Pasty with Chips
<b>Side</b>	Mixed Salad	Roasted Pepper, Onions & Butternut squash	Peas Sweetcorn	Mixed Salad	Baked Beans & Peas
<b>Dessert</b>	Fruit with Ice Cream	Syrup Snap Biscuit	Fruit Platter	Chocolate Shortbread	Summer Lemon Cake

**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 **YAMAS!**

## Why choose a Caterlink School Meal

**Sign-up today!**  
Please speak to reception.

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!

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

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!**

**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.

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# 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.

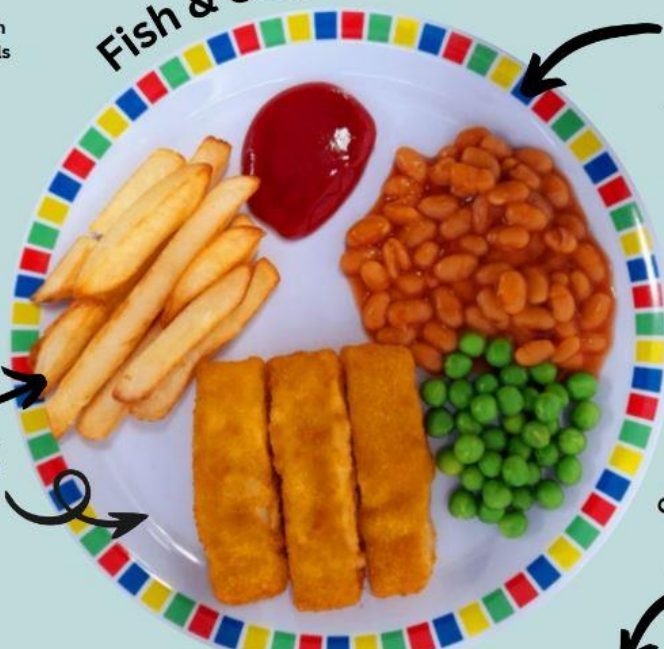
Our fish is sustainably sourced MSC fish

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



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### Fish & Chips



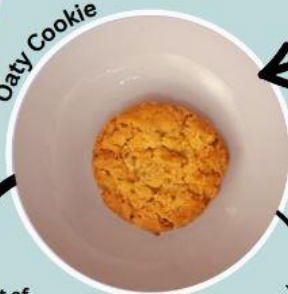
Two different vegetables are offered with all our meals. Totalling at 50g.



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!

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



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