

# 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

|  |            |   |  |  |  |   |
|--|------------|---|--|--|--|---|
| <b>WEEK ONE</b><br>18 Apr<br>9 May<br>6 Jun<br>27 Jun<br>18 Jul<br>12 Sep<br>3 Oct | Option 1   | Tomato & Vegetable Pasta Bake with Cheese Topping             | 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<br>Rainbow Slaw  | Sweetcorn<br>Mixed Peppers   | Mixed Vegetables   | Green Beans<br>Carrots   | Peas<br>Baked Beans                             |
|  | Dessert    | Carrot & Courgette Cake with Custard<br>Yoghurt / Fresh Fruit | Apple & Raisin Flapjack<br>Yoghurt / Fresh Fruit   | Peaches & Ice Cream, (Serving's - Peaches & Shortbread Biscuit)<br>Yoghurt / Fresh Fruit  | Orange & Cinnamon Cookie  | Fresh Fruit & Yoghurt                           |

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| <b>WEEK TWO</b><br>25 Apr<br>16 May<br>13 Jun<br>4 Jul<br>29 Aug<br>19 Sep<br>10 Oct | Option 1   | Macaroni Cheese   | Spaghetti Bolognese with Garlic Bread         | Roast Chicken, Roast Potatoes, Stuffing & Gravy   | Peri Peri Chicken 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<br>Cauliflower   | Carrots<br>Peas   | Broccoli<br>Sweetcorn   | Peas<br>Baked Beans                           |
|  | Dessert    | Apple & Berry Crumble with Custard<br>Yoghurt / Fresh Fruit  | Lemon Drizzle Cake<br>Yoghurt / Fresh Fruit  | Apple, Cheese & Crackers<br>Yoghurt / Fresh Fruit   | Chocolate & Beetroot Brownie with Cream<br>Yoghurt / Fresh Fruit  | Fresh Fruit & Yoghurt                         |

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| <b>WEEK THREE</b><br>2 May<br>23 May<br>20 Jun<br>11 Jul<br>5 Sep<br>26 Sep<br>17 Oct | Option 1   | Cheese & Tomato Pizza with Potato Salad  | Pork Sausage Hot Dog with Wedges & Tomato Sauce  | Roast Turkey, Roast Potatoes & Gravy  | Chicken Fajitas with Rice                      | Fish Fingers or Salmon Fish Fingers with Chips & Tomato Sauce  |
|   | Option 2   | Mexican Roll with Potato Salad           | Quorn Sausage Hot Dog with Wedges & Tomato Sauce  | Lentil & Basil Puff Pastry, Roast Potatoes & Gravy  | Vegetable Enchiladas with Rice                 | Cheese & Red Pepper Frittata with Chips & Tomato Sauce         |
|   | Vegetables | Coleslaw<br>Sweetcorn   | Baked Beans<br>Peas  | Carrot<br>Broccoli  | Mixed Vegetables  | Peas<br>Baked Beans   |
|   | Dessert    | Apple & Raisin Strudel with Cream<br>Yoghurt / Fresh Fruit  | Lemon & Mixed Berry Cake<br>Yoghurt / Fresh Fruit  | Fruit Jelly with Mandarins<br>Yoghurt / Fresh Fruit   | Chocolate Shortbread<br>Yoghurt / Fresh Fruit  | Fresh Fruit & Yoghurt   |

Available Daily

 Added Plant Power

 Vegan

 Wholemeal

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