

# W

# HAT'S FOR LUNCH THIS AUTUMN...

**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.

## keep in touch

Your comments are important to us and we value your feedback. Visit our informative web link: [www.mycaterlink.co.uk/kcc](http://www.mycaterlink.co.uk/kcc)  
email: [info@caterlinkltd.co.uk](mailto: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/kcc](http://www.mycaterlink.co.uk/kcc)

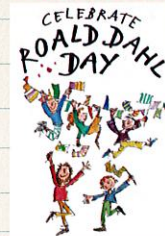
Please visit the website for current updates



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.

If your child has 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.

## ONE

4 Sept, 25 Sept, 16 Oct  
13 Nov, 4 Dec

## TWO

11 Sept, 2 Oct, 30 Oct  
20 Nov, 11 Dec

## THREE

18 Sept, 9 Oct, 6 Nov  
27 Nov, 18 Dec

AVAILABLE EVERY DAY...

**Sausages with Mash & Gravy**  
Quorn Sausages & Mash with Gravy  
Carrots & Peas  
Pear & Berry Crumble with Custard  
Yoghurt / Fresh Fruit Platter

**Chicken Tikka with Rice**  
Sweet & Sour Vegetables with Noodles  
Cauliflower & Green Beans  
Carrot & Courgette Cake  
Yoghurt / Fresh Fruit Salad

**Roast Pork with Roast Potatoes & Gravy**  
Wholemeal Creamy  
Vegetable Pie with Roast  
Potatoes & Gravy  
Savoy Cabbage & Swede  
Fruit Jelly & Cream  
Yoghurt / Fresh Fruit Platter

**Shepherd's Pie with Gravy**  
Bean & Vegetable Hot Pot  
Broccoli & Carrots  
Dutch Apple Pie with Custard  
Yoghurt / Fresh Fruit Salad

**MSC Fishwich with Chips**  
Vegetarian Wrap with Chips  
Baked Beans & Garden Peas  
Jam Sponge & Custard  
Yoghurt / Fresh Fruit Chunks

**Chicken Enchilada with Potato Wedges**  
Vegetable Lasagne with Homemade  
Garlic Bread  
Coleslaw & Sweetcorn  
Lemon & Mixed Berry Cake  
Yoghurt / Fresh Fruit Platter

**Spaghetti Beef Bolognese**  
Lentil & Basil Puff Pastry  
Turnover with New Potatoes  
Broccoli & Carrots  
Eve's Pudding with Custard  
Yoghurt / Fresh Fruit Chunks

**Roast Turkey with Roast Potatoes & Gravy**  
Mixed Bean Cassoulet with  
Roast Potatoes & Gravy  
Carrots & Cauliflower  
Fruit Jelly with Cream  
Yoghurt / Fresh Fruit Salad

**Chicken Neapolitan Wholemeal Pasta**  
Lentil & Sweet Potato Curry with Rice  
Roasted Mixed & Vegetables  
Mixed Fruit Crumble with Custard  
Yoghurt / Fresh Fruit Platter

**MSC Salmon or White Fish  
Fingers with Chips**  
Cheese & Tomato Quiche with Chips  
Baked Beans & Garden Peas  
Chocolate & Beetroot Brownie  
Yoghurt / Fresh Fruit Chunks

**BBQ Chicken Pizza with Jacket Wedges**  
Cheese & Tomato Wholemeal French  
Bread Pizza with Jacket Wedges  
Sweetcorn & Rainbow Vegetable Sticks  
Neapolitan Ice Cream or  
Shortbread Biscuit with  
Yoghurt / Fresh Fruit Salad

**Sausage, Onion & Herb Plait**  
Served with Gravy & Mashed Potatoes  
Macaroni Cheese with Garlic Slice  
Green Beans & Glazed Carrots  
Chocolate & Mandarin  
Sponge with Custard  
Yoghurt / Fresh Fruit Platter

**Roast Chicken with Stuffing**  
with Roast Potatoes & Gravy  
Vegetable Wellington with Roast Potatoes  
& Gravy  
Savoy Cabbage & Sweetcorn  
Rice Pudding with Mixed Berries  
Yoghurt / Fresh Fruit Chunks

**Beef Lasagne**  
Quorn & Vegetable Goulash with Rice  
Broccoli & Mixed Salad  
Apple & Honey Crumble with Custard  
Yoghurt / Fresh Fruit Salad

**MSC Battered or Battered  
Fish with Chips**  
Homemade Bean & Vegetable Burger  
in a Bun with Chips  
Garden Peas & Baked Beans  
Pear & Raisin Upside Down Cake  
Yoghurt / Fresh Fruit Platter

**Jacket Potatoes**  
freshly cooked daily where  
advertised with a choice of fillings  
**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.

**V** Vegetarian option  
**F** Oily fish  
Marine Stewardship Council details  
Web: [www.msc.org](http://www.msc.org)  
Chain of Custody  
Registration Code  
MSC-C-54995

MONDAY  
TUESDAY  
WEDNESDAY  
THURSDAY  
FRIDAY