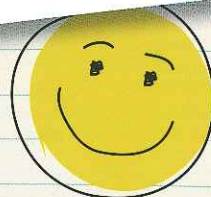


W

HAT'S FOR LUNCH THIS SPRING...

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/gcc
email: info@caterlinktd.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/gcc

Please visit the website for current updates

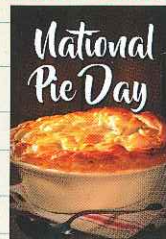
In Partnership with:



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.

Forms available through our website or via the school.

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.



FRESH
+
HEALTHY
=
TASTY

ONE

1st Jan, 22nd Jan, 19th Feb
12th Mar

TWO

8th Jan, 29th Jan, 26th Feb
19th Mar

THREE

15th Jan, 5th Feb, 5th Mar
26th Mar

AVAILABLE
EVERY DAY...

MONDAY

Chicken Chow Mein
Potato & Courgette Layer Bake
Sweetcorn & Green Beans
Fruit Yoghurt & Shortbread
Yoghurt / Fruit Platter

Wholemeal Chicken & Red Pepper Pizza
with Baked Potato
Lentil & Vegetable Curry with Rice
Roasted Vegetables
Apple & Mixed Berry Crumble
with Custard
Yoghurt / Fruit Chunks

Roast (as advertised) with Roast Potatoes
& Gravy
Cheese & Pepper Whirl with
Roast Potatoes
Carrot & Swede Mash
Banana Sponge
Yoghurt / Fruit Pieces

Beef Meatballs in a Tomato Sauce
with Rice
BBQ Quorn with Rice
Sweetcorn & Mixed Peppers
Pineapple Upside Down Cake
with Custard
Yoghurt / Fruit Platter

MSC Breaded Fish with
Chipped Potatoes & Tomato Sauce
Glamorgan Sausage with
Chipped Potatoes
Baked Beans & Garden Peas
Pear & Ginger Muffin
Yoghurt / Fruit Salad



Hot Dogs with Homemade Tomato Sauce
& Jacket Wedges
Vegetarian Hot Dog with
Homemade Tomato Sauce & Jacket Wedges
Tomato & Red Onion Slaw
& Green Salad
Pear Crumble with Custard
Yoghurt / Fruit Platter

Baked Greek Lasagne
Wholemeal Spinach & Tomato Quiche
with New Potatoes
Courgettes in a Tomato Sauce
& Cauliflower
Apple, Cheese & Biscuits
Yoghurt / Fruit Chunks

Roast Turkey with Roast Potatoes
& Gravy
Mixed Vegetable Loaf with Roast Potatoes
& Gravy
Broccoli & Sliced Carrots
Chocolate Cookie with Natural Yoghurt
Yoghurt / Fruit Pieces

Beef Casserole (Goulash) with Rice
Quorn Mince Pasta Bolognaise
Sweetcorn
Apple & Berry Strudel with Custard
Yoghurt / Fruit Platter

MSC Battered Fish with
Chipped Potatoes & Tomato Sauce
Cheese & Tomato Pizza with
Chipped Potatoes
Baked Beans & Garden Peas
Chocolate & Orange Brownie
Yoghurt / Fruit Salad



Beef Burger in a Bun with Oven Baked
New Potatoes
Vegetarian Burger in a Bun
with Baked New Potatoes
Broccoli & Sweetcorn
Carrot & Sultana Cake with Custard
Yoghurt / Fruit Platter

Turkey & Veg Pie with Pastry Topping
& Mashed Potato
Mixed Bean Cassoulet with
Mashed Potato
Cauliflower & Green Beans
Tutti Fruity Tuesday
Yoghurt / Fruit Chunks

Roast Chicken & Stuffing with
Roast Potatoes & Gravy
Vegetarian Wellington
with Roast Potatoes
Shredded Cabbage & Carrots
Peach Crumble & Custard
Yoghurt / Fruit Pieces

Beef Tortilla Stack & Rice
with Garlic Slice
Macaroni Cheese with Tomato Topping
Roasted Vegetable Medley
& Sweetcorn
Mandarin Jelly
Yoghurt / Fruit Platter

MSC Salmon Fish Fingers with
Chipped Potatoes & Tomato Sauce
Cheese Tomato & Spinach
Frittata with Chipped Potatoes
Baked Beans & Garden Peas
Lemon Surprise Cake
Yoghurt / Fruit Salad



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Jacket Potatoes

freshly cooked daily, with a choice of fillings where advertised.

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.



Vegetarian option



Oily fish



Marine Stewardship Council details
Web: www.msc.org
Chain of Custody
Registration Code
MML - C 1009