

# WHAT'S FOR LUNCH THIS SPRING...

**caterlink**  
feeding the imagination



Caterlink is an award-winning food service provider catering for primary schools across the country.



We are passionate about providing your children with award winning Food for Life Served Here 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 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.

## KEEP IN TOUCH

You can keep up to date with what is going on by visiting our web site <https://caterlinkltd.co.uk/my-caterlink> to find the latest news and information about our upcoming theme days and our current menu. 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://caterlinkltd.co.uk/jobs-careers/> or email [hrsupport@caterlinkltd.co.uk](mailto:hrsupport@caterlinkltd.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 Meal 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://caterlinkltd.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.



# Lanesend Spring Menu 2021



	Monday	Tuesday	Wednesday	Thursday	Friday
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<b>Week One</b> 4 Jan 25 Jan 22 Feb 15 Mar	Option 1	Macaroni Cheese	Pork Sausage, Mashed Potatoes and Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Chicken Tikka Curry with Rice	Fishfingers/ Salmon Fishfingers with Chips
	Option 2	Broccoli and Cheese Pasta Bake	Vegetarian Sausages, Mashed Potato and Gravy	Vegetable Wellington with Roast Potatoes and Gravy	Lentil and Sweet Potato Curry with Rice	Cheese Frittata with Chips
	Vegetables	Sweetcorn Peas	Broccoli Carrots	Fresh Mixed Vegetables	Broccoli Sweetcorn	Sweetcorn Peas
	Dessert	Marble Sponge with Custard	Apple, Cheese and Crackers	Chocolate & Orange Cake	Iced Sponge	Chocolate Cocoa Cookie
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Two</b> 11 Jan 1 <sup>st</sup> Feb 1 <sup>st</sup> Mar 22 Mar	Option 1	Sausage Roll with Wedges	Beef Lasagne with Garlic Bread	Roast Pork, Roast Potatoes and Gravy	Chicken and Red Pepper Pizza with Wedges	Fish in Batter with Chips
	Option 2	Vegetable Roll with Wedges	Vegetable Lasagne with Garlic Bread	Quorn Roast Fillet with Roast Potatoes and Gravy	Cheese and Tomato French Bread Pizza with Wedges	Wholemeal Cheese and Tomato Quiche with Chips
	Vegetables	Sweetcorn Peas	Green Beans Carrots	Fresh Mixed Vegetables	Sweetcorn Peas	Sweetcorn Peas
	Dessert	Apple Crumble and Custard	Apple, Cheese and Crackers	Carrot Cake	Chocolate Cake with Chocolate Drizzle	Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily						

<b>Week Three</b> 18 Jan 8 <sup>th</sup> Feb 8 <sup>th</sup> Mar	Option 1	Beef burger in a Bun with Wedges	Sweet & Sour Chicken with Rice	Roast Gammon, Roast Potatoes and Gravy	Spaghetti Bolognese	Fishfingers with Chips
	Option 2	Quorn Burger in a Bun with Wedges	Five Bean Chilli with Rice	Potato and Courgette Stack with Roast Potatoes	Vegetarian Bolognese	Cheese and Potato Whirl
	Vegetables	Coleslaw Mixed Salad	Green Beans Carrots	Fresh Mixed Vegetables	Sweetcorn Broccoli	Sweetcorn Peas
	Dessert	Oaty Cookie	Apple, Cheese and Crackers	Sponge and Custard	Chocolate Brownie	Flapjack
Or a choice of Yoghurt & Fresh Fruit available daily						

**Available Daily:**

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

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