

# ONE

# TWO

# THREE

AVAILABLE EVERY DAY...

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

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

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

**Sausages with Mash & Gravy**  
Quorn Sausages & Mash with Gravy  
Cauliflower & Peas  
**Wholemeal Plum & Vanilla Crumble with Custard**  
Yoghurt / Fresh Fruit Platter

**Shepherd's Pie with Gravy**  
(made with **Organic Beef**)  
Sweet & Sour Vegetables with Noodles  
Carrots & Green Beans  
**Apple & Raisin Flapjack**  
Yoghurt / Fresh Fruit Salad

**Roast (as advertised) with Roast Potatoes & Gravy**  
Quorn Roast with Roast Potatoes and Gravy  
Savoy Cabbage & Swede  
Carrot & Courgette Cake with Custard  
Yoghurt / Fresh Fruit Platter

**Chicken Tikka with Rice**  
Creamy Vegetable Pie with Mashed Potato Topping  
Sweetcorn & Peppers  
**Dutch Apple Pie & Custard**  
Yoghurt / Fresh Fruit Salad

**MSC Salmon Fishcake with Chips**  
Macaroni Cheese with Garlic Slice  
Baked Beans & Garden Peas  
Lemon Drizzle Cake  
Yoghurt / Fresh Fruit Chunks

**Beef Burger with Jacket Wedges**  
Vegetable Lasagne Jacket Wedges  
Coleslaw & Sweetcorn  
**Orange Bread & Butter**  
Pudding with Custard  
Yoghurt / Fresh Fruit Platter

**Chicken Neapolitan Wholemeal Pasta**  
(with **Free Range Chicken**)  
Lentil & Basil Puff Pastry  
Turnover with New Potatoes  
Broccoli & Carrots  
**Wholemeal Banana Loaf**  
Yoghurt / Fresh Fruit Chunks

**Roast Turkey with Roast Potatoes & Gravy**  
Mixed Vegetable Loaf with Roast Potatoes & Gravy  
Carrots & Courgettes  
Vanilla Shortbread  
Yoghurt / Fresh Fruit Salad

**Spaghetti Beef Bolognese**  
(made with **Organic Beef**)  
Lentil & Sweet Potato Curry with Rice  
Roasted Mixed Vegetables  
Eve's Pudding with Custard  
Yoghurt / Fresh Fruit Platter

**MSC 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**  
(with **Free Range Chicken**)  
Bean Vegetable Chilli with Rice  
Sweetcorn & Mixed Peppers  
Pear Sponge with Custard  
Yoghurt / Fresh Fruit Platter

**Minced Beef & Onion Pie with Mash Potatoes**  
Vegetable Wholemeal Pasta Bake  
Green Beans & Glazed Carrots  
**Rice Pudding with Mixed Berries**  
Yoghurt / Fresh Fruit Salad

**Roast Chicken with Stuffing, Roast Potatoes & Gravy**  
Vegetable Wellington with Roast Potatoes & Gravy  
Savoy Cabbage & Sweetcorn  
Cheese, Apple & Biscuits  
Yoghurt / Fresh Fruit Chunks

**Beef Lasagne**  
(made with **Organic Beef**)  
Red Pepper Frittata with New Potatoes  
Broccoli & Tomato Salad  
Apple & Raisin Strudel with Custard  
Yoghurt / Fresh Fruit Salad


**MSC Breaded or Battered Fish with Chips**  
Cheese & Tomato Pizza with Chips  
Garden Peas & Baked Beans  
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.

 Vegetarian option

 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

# 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.caterlinkltd.co.uk](http://www.caterlinkltd.co.uk)  
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.caterlinkltd.co.uk](http://www.caterlinkltd.co.uk)

Please visit the website for current updates

## DISCOVERY DAYS AVAILABLE THIS TERM

Italian Day



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



If you or your child have 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.