

# Autumn Winter Menu 2021 3CH + H

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b>  01/11 22/11 13/12 17/01 07/02 07/03 28/03	Main	Macaroni Cheese	Farm Assured Beef Burger in a Bun with Homemade Jacket Wedges	Roast Chicken with Roast Potatoes & Gravy	Chicken Tikka Masala with 50:50 Rice	Fish Fingers with Chips and Homemade Tomato Sauce
	Halal		Halal Beef Burger	Halal Roast Chicken with Roast Potatoes & Gravy	Halal Chicken Tikka Masala	
	Vegetarian V - Vegan	Vegan Meatballs with 50:50 Rice (V)	Veggie Bolognese with Pasta (V)	Vegetable & Tomato Tart with Roast Potatoes & Gravy (V)	Vegan Cumberland Sausages & Mashed Potato (V)	Falafel with Chips and Homemade Tomato Sauce (V)
	Jacket Potato	Baked Beans (V)	Cheese	Tuna Mayonnaise	Baked Beans (V)	Cheese
	Vegetables	Peas & Carrots	Sweetcorn & Broccoli	Cabbage & Carrots	Sweetcorn & Green Beans	Baked Beans &/or Peas
	Dessert	Orange and Lemon Cookie (V)	Pineapple Cake & Custard	Peaches & Ice Cream	Carrot Cake	Vanilla Shortbread with Fruity Friday (V)
	<b>Week Two</b>  08/11 29/11 03/01 24/01 21/02 14/03 04/04	Main	Cheese & Tomato Pizza	Spaghetti Bolognese	Roast Turkey with Roast Potatoes & Gravy	Sausage Roll with Homemade Jacket Wedges
Halal			Halal Spaghetti Bolognese	Halal Roast Chicken with Roast Potatoes & Gravy	Halal Beef Burger (No Bun) with Homemade Jacket Wedges	
Vegetarian V - Vegan		Veggie Mince Shepherds Pie (V)	Homemade Vegan Sausage Roll with Jacket Wedges (V)	Mediterranean Gratin with Roast Potatoes & Gravy (V)	BBQ Quorn Pieces with 50:50 Rice (V)	Vegan Burger (no bun) with Chips and Homemade Tomato Sauce (V)
Jacket Potato		Baked Beans (V)	Cheese	Tuna Mayonnaise	Baked Beans (V)	Cheese
Vegetables		Peas & Carrots	Sweetcorn or Coleslaw	Carrots & Cabbage	Broccoli & Sweetcorn	Baked Beans &/or Peas
Dessert		Fairtrade Banana Cake & Custard	Jelly & Mandarins (V)	Yoghurt & Fruit Station	Flapjack (V)	Chocolate Shortbread with Fruity Friday (V)
<b>Week Three</b>  15/11 06/12 10/01 31/01 28/02 21/03		Main	Pork Sausages with Mashed Potato and Gravy	Chicken Tagine with 50:50 Rice	Roast Chicken or Gammon with Roast Potatoes & Gravy	Margherita Pizza
	Halal	Halal Beef Burger (No Bun) with Mashed Potato and Gravy	Halal Chicken Tagine with 50:50 Rice	Halal Roast Chicken with Roast Potatoes & Gravy		
	Vegetarian V - Vegan	Lentil & Sweet Potato Curry with 50:50 Rice(V)	Vegetable Pasta Bake (V) (cheese on side)	Lentil & Vegetable Roast with Roast Potatoes & Gravy (V)	Breaded Quorn Finger with Homemade Jacket Wedges (V)	Veggie Sausage in a Roll with Chips and Homemade Tomato Sauce (V)
	Jacket Potato	Baked Beans (v)	Cheese	Tuna Mayonnaise	Baked Beans (v)	Cheese
	Vegetables	Peas & Carrots	Sweetcorn & Cabbage	Broccoli & Sliced Carrots	Sweetcorn or Coleslaw	Baked Beans &/or Peas
	Dessert	Lemon Cake	Marble Cookie (V)	Fruit Jelly (V)	Chocolate & Beetroot Cake	Oaty Cookie with Fruity Friday (V)



FOOD FOR LIFE  
SUPPORT LOCAL  
SERVES HOME

## Available Daily:

- Organic Yoghurt and Fresh Fruit available daily as an alternative to the advertised dessert.
- Bread freshly baked on site daily
- Daily salad selection

## 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. 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.

# WHAT'S FOR LUNCH THIS AUTUMN/WINTER

**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.

Out office No: 01273 417169

## 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.  
Email: [schoolmeals@brighton-hove.gov.uk](mailto:schoolmeals@brighton-hove.gov.uk)

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