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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/rutland
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/rutland

Please visit the website for current updates

In Partnership with:



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 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.

FRESH
+
HEALTHY
=
TASTY



ONE

2nd Jan, 23rd Jan, 20th Feb
13th Mar

Spaghetti Bolognese
Feta & Spinach Quiche (made with Wholemeal Flour) with New Potatoes
Carrots & Green Beans
Eve's Pudding with Custard
Yoghurt / Fresh Fruit Platter

Pork Meatballs with Rice
Macaroni Cheese with Tomato Topping & Garlic Bread
Sweetcorn & Peas
Fruit Yoghurt & Shortbread
Yoghurt / Fresh Fruit Salad

Roast Chicken & Stuffing with Roast Potatoes and Gravy
Red Pepper & Cheese Frittata with Baby New Potatoes
Cabbage & Carrots
Jelly & Ice Cream
Yoghurt / Fresh Fruit Platter

Cottage Pie with Boiled Potatoes & Gravy
Lentil & Sweet Potato Curry with Rice
Broccoli & Cauliflower
Pear & Raisin Upside Down Cake with Custard
Yoghurt / Fresh Fruit Salad

MSC Fishwich in a Bun with Chipped Potatoes & Tomato Sauce
Veggie Hot Dog with Chipped Potatoes
Baked Beans & Garden Peas
Toffee Krispie
Yoghurt / Fresh Fruit Chunks

TWO

9th Jan, 30th Jan, 27th Feb
20th Mar

Sausages with Creamed Potatoes & Gravy
Creamy Vegetable Pie with Mashed Potato
Garden Peas & Carrots
Apple Crumble & Custard
Yoghurt / Fresh Fruit Platter

BBQ Chicken Pizza with Baked Potato
Vegetarian Pasta Bolognese
Green Beans & Coleslaw
Pear & Ginger Muffin with Custard
Yoghurt / Fresh Fruit Chunks

Roast Turkey & Stuffing with Roast Potatoes and Gravy
Vegetable Wrap with Roast Potatoes
Broccoli & Crushed Swede
Cheese & Biscuits
Yoghurt / Fresh Fruit Salad

Beef & Vegetable Hotpot with Baby New Potatoes
Spring Vegetable Risotto
Cabbage & Sweetcorn
Wholemeal Banana Sponge with Custard
Yoghurt / Fresh Fruit Platter

MSC Battered Fish with Chipped Potatoes & Tomato Sauce
Cheese & Tomato Pizza with Chipped Potatoes
Baked Beans & Garden Peas
Iced Bun
Yoghurt / Fresh Fruit Chunks

THREE

16th Jan, 6th Feb, 6th Mar
27th Mar

Beef Burger in a Bun with Herby Diced Potatoes
Bean & Vegetable Hotpot with New Potatoes
Carrots & Sweetcorn
Pineapple Upside Down Cake & Custard
Yoghurt / Fresh Fruit Platter

Turkey & Leek Pie with Creamed Potato & Gravy
Lentil & Spinach Curry with Rice
Cauliflower & Broccoli
Chocolate & Beetroot Brownie
Yoghurt / Fresh Fruit Salad

Roast Pork Loin & Stuffing with Roast Potatoes & Gravy
Vegetarian Wellington with Roast Potatoes
Shredded Cabbage & Carrots
Fruity Shortbread
Yoghurt / Fresh Fruit Chunks

Beef Lasagne with Garlic Slice
Vegetable Goulash with Rice
Roasted Vegetable Medley
Crunchy Plum & Vanilla Crumble with Custard
Yoghurt / Fresh Fruit Salad

MSC Salmon Fish Fingers with Chipped Potatoes & Tomato Sauce
Bean & Lentil Burger with Chipped Potatoes
Baked Beans & Garden Peas
Apple Flapjack
Yoghurt / Fresh Fruit Platter

AVAILABLE EVERY DAY...

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

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Menus could be subject to local change, please check your child's school for any bespoke changes.

V Vegetarian option

F Oily fish

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

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY