

# WHAT'S FOR LUNCH THIS AUTUMN/WINTER?

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

We are passionate about providing your children with 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 set 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's 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 menus. You can also get in touch through our Contact Us page. We appreciate all feedback on our service.

## 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 Meals entitlement ask at your school office.

## 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)

## ALLERGY INFORMATION

If you would like to know about particular allergens in foods 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.



**caterlink**  
feeding the imagination

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY


## FRIDAY

### WEEK ONE

03/11/2025  
24/11/2025  
15/12/2025  
19/01/2026  
09/02/2026  
09/03/2026

#### Option One

Vegan Fajitas with Spicy Wedges 

Beef Lasagne with Garlic Bread 

Roast Chicken, Stuffing, Roast Potatoes and Gravy

**NEW** Chicken Biryani


Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce

#### Option Two

French Bread Cheese & Tomato Pizza with spicy wedges

Autumn Vegetarian Lasagne with Garlic Bread

Vegetarian Wellington with Roast Potatoes and Gravy 

**NEW** BBQ Vegan Sausage Pasta with Garlic Bread 

Cheese and Bean Pasty with Chips and Tomato Sauce

#### Vegetables

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

#### Dessert

Cheese and Crackers

**NEW** Apple Crumb Cake with Custard

Fruit Medley 


Jelly with Mandarins 

Syrup Sponge with Custard

### WEEK TWO


10/11/2025  
01/12/2025  
05/01/2026  
26/01/2026  
23/02/2026  
16/03/2026

#### Option One

Classic Cheese and Tomato Pizza with Wedges 

Spaghetti Bolognese 

BBQ Chicken with Seasoned Potatoes and Sweetcorn Salsa 

Meatballs in Tomato Sauce with Rice 

Breaded Fish or Fishfingers with Chips & Tomato Sauce

#### Option Two

Rainbow Pizza with Wedges 

Vegan Spaghetti Bolognese 

**CHICKEN SHACK**  
BBQ Quorn with Seasoned Potatoes and Sweetcorn Salsa

Vegan Plant Balls in Tomato Sauce with Rice 

Cheese Whirl with Chips and Tomato Sauce

#### Vegetables

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day


#### Dessert

**NEW** Gingerbread Cookie 

Banana Sponge with Custard

Fruit Salad 

Sticky Toffee Apple Crumble with Custard 


Vanilla Shortbread 

### WEEK THREE


17/11/2025  
08/12/2025  
12/01/2026  
02/02/2026  
02/03/2026  
23/03/2026

#### Option One

Macaroni Cheese


**NEW** Chicken Enchilada Bake with Rice 

Sausage with Roast Potatoes and Gravy

Mild Caribbean Chicken with Golden Rice 


Fishfingers with Chips & Tomato Sauce

#### Option Two

Tomato Pasta 

**NEW** Chefs Special Vegan Curry with Rice 

Vegan Sausage and Roast Potatoes and Gravy 

Caribbean Stew with Golden Rice 

Jacket Potato with a Selection of Toppings

#### Vegetables

Vegetables of the Day


Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

#### Dessert

 Oaty Cookie 

Pear Crumble with Custard 

Fruit Salad 

**NEW** Jamaican Ginger Cake with Custard

Cornflake Tart 

### MENU KEY



Added Plant Protein



Wholemeal



Vegan



Chef's Special

#### ALLERGY INFORMATION:

If you would like to know about particular allergens in foods 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 allergen cross contact.

#### Available Daily:

- Bread Freshly Baked on Site
- Daily Salad Selection
- Fresh Fruit and Yoghurt

