

# 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 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.

## ALLERGY INFORMATION:

If your child has an allergy or intolerance, please ask a the School Office for a Caterlink form. If your child has a school lunch and has a food allergy or intolerance, can it just say ask at your school office.

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.

## 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>  
Office no 01273417169  
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.

## 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 Meals Entitlement, ask at your school office or call 01273 293497 for more information. Apply online at [www.brighton-hove.gov.uk/onlinefreeschoolmeals](http://www.brighton-hove.gov.uk/onlinefreeschoolmeals)



Freshly baked bread and salad available daily

# B&H Winter Menu 2022 3 Choice & Halal

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(V) Vegan  
(W) Wholemeal

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b>	<b>Main</b>	Macaroni Cheese	Chicken Korma with 50:50 Rice (W)	Roast Turkey with Roast Potatoes and Gravy	Farm Assured Beef burger with Homemade Jacket Wedges	MSC Fishfingers with Chips and Homemade Tomato Sauce
	<b>Vegan</b>	Sweet & Sour Vegetables with Rice (W)	Vegan Sausages with Mashed Potatoes & Gravy	Vegetable & Tomato Tart with Roast Potatoes	Peri Peri Quorn with Jollof Style Rice (W)	Falafel with Chips & Homemade Tomato Sauce
	<b>Halal</b>		Halal Chicken Curry with 50:50 Rice	Halal Roast Chicken with Roast Potatoes	Halal Beef burger with Homemade Jacket Wedges	
	<b>Jacket Potato</b>	Baked Beans	Tuna Mayonnaise	Cheese	Baked Beans	Cheese
	<b>Vegetable</b>	Sliced Carrots Peas	Broccoli Sweetcorn	Carrots Cabbage	Grated Carrot Sweetcorn	Peas Baked Beans
	<b>Deserts</b>	Flapjack (V)	Carrot & Courgette Cake	Fruit Jelly (V)	Apple & Blackberry Roll with Custard	Chocolate Cookie with Fruity Friday (V)
<b>WEEK TWO</b>	<b>Main</b>	Pork Sausages with Mashed Potato & Gravy	Peri-Peri Chicken with Jollof Style Rice (W)	Roast Chicken with Roast Potatoes & Gravy	Cheese and Tomato Pizza	MSC Breaded Fish with Homemade Tomato Sauce & Chips
	<b>Vegan</b>	Sweet Potato & Lentil Curry with 50:50 Rice (w)	Veggie Spaghetti Bolognese	Crunchy Top Vegetable Bake with Roast Potatoes	BBQ Quorn Fillet with Homemade Jacket Wedges	Mexican Bean Roll with Homemade Tomato Sauce & Chips
	<b>Halal</b>	Halal Chicken Sausages with Mashed Potato & Gravy	Halal Peri-Peri Chicken with Jollof Style Rice	Halal Roast Chicken with Roast Potatoes		
	<b>Jacket Potato</b>	Baked Beans	Tuna Mayonnaise	Cheese	Baked Beans	Cheese
	<b>Vegetable</b>	Sweetcorn Carrot Batons	Peas Cauliflower	Sliced Carrots Broccoli	Green Beans Sweetcorn	Peas Baked Beans
	<b>Deserts</b>	Cinnamon & Orange Cookie (V)	Marble Cake with Custard	Yoghurt & Fruit Station	Jelly & Mandarins (V)	Vanilla Shortbread with Fruity Friday (V)
<b>WEEK THREE</b>	<b>Main</b>	Cheese and Tomato Pizza	Sausage Roll with Homemade Jacket Wedges	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Bolognese	Salmon Fishfinger with Chips & Homemade Tomato Sauce
	<b>Vegan</b>	Shepherdess Pie	Vegan Meatballs with Tomato Sauce & Pasta	Vegetable Pasty with Roast Potatoes and Gravy	Chinese Style Curry with 50:50 Rice (W)	Vegan Sausages with Chips and Homemade Tomato Sauce
	<b>Halal</b>		Halal Chicken Curry with 50:50 Rice	Halal Roast Chicken with Roast Potatoes	Halal Beef burger with Homemade Jacket Wedges	
	<b>Jacket Potato</b>	Baked Beans	Tuna Mayonnaise	Cheese	Baked Beans	Cheese
	<b>Vegetable</b>	Sliced Carrots Peas	Cauliflower Sweetcorn	Sliced Carrots Cabbage	Broccoli Sweetcorn	Peas Baked Beans
	<b>Deserts</b>	Fruity Shortbread (V)	Fairtrade Banana Cake with Custard	Ice Cream with Peaches	Chocolate Italian Cake (V)	Oaty Cookie with Fruity Friday (V)