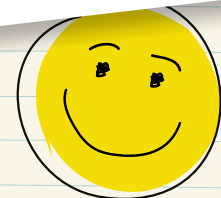


W

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.mycaterlink.co.uk/rbwm
email: 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.mycaterlink.co.uk/rbwm

Please visit the website for current updates

DISCOVERY DAYS AVAILABLE THIS TERM



Available at participating schools only.

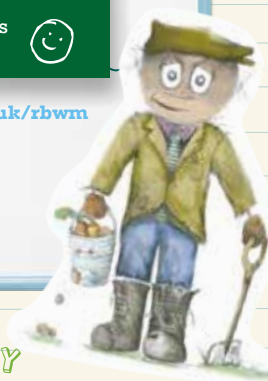
Is your child entitled to a free school meal? ✓

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 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.

FRESH
+
HEALTHY
=
TASTY



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
Sweet & Sour Vegetables with Noodles
Carrots & Green Beans

Apple & Raisin Flapjack
Yoghurt / Fresh Fruit Salad

Roast Pork with Roast Potatoes & Gravy
Quorn Roast with Roast Potatoes & Gravy
Savoy Cabbage & Swede

Carrot & Courgette Cake & Custard
Yoghurt / Fresh Fruit Platter

Chicken Tikka with Rice
Macaroni Cheese with Garlic Slice

Sweetcorn & Peppers
Dutch Apple Pie & Custard
Yoghurt / Fresh Fruit Salad

MSC Salmon Fishcake with Chips
Spanish Omelette & Chips

Baked Beans & Garden Peas
Lemon Drizzle Cake
Yoghurt / Fresh Fruit Chunks

Beef Burger with Jacket Wedges
Vegetable Lasagne Jacket Wedges

Coleslaw & Sweetcorn
Vanilla Shortbread with
Yoghurt / Fresh Fruit Platter

Chicken Neapolitan Wholemeal Pasta
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
Orange Bread & Butter Pudding
with Custard
Fresh Fruit Salad

Spaghetti Beef Bolognese
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
Bean Vegetable Chilli with Rice

Sweetcorn & Mixed Peppers
Cheese, Apple & Biscuits
Yoghurt / Fresh Fruit Platter

Minced Beef & Onion Pie
with Mash Potatoes
Cheese & Tomato Pizza with Half a Jacket

Green Beans & Glazed Carrots
Rice Pudding with Mixed Berries
Yoghurt / Fresh Fruit Salad

Roast Gammon with
Roast Potatoes & Gravy
Vegetable Wellington with
Roast Potatoes & Gravy

Savoy Cabbage & Sweetcorn
Pear Sponge with Custard
Yoghurt / Fresh Fruit Chunks

Beef Lasagne
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
Veggie Burger & Chips

Garden Peas & Baked Beans
Iced Sponge
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
Chain of Custody
Registration Code
MSC-C-54995

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY