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# 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/lbi](http://www.mycaterlink.co.uk/lbi)  
email: [info@caterlinkltd.co.uk](mailto:info@caterlinkltd.co.uk)  
or call 0207 607 6151

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/lbi](http://www.mycaterlink.co.uk/lbi)

Please visit the website for current updates

ISLINGTON

FRESH + HEALTHY = TASTY



## DISCOVERY DAYS AVAILABLE THIS TERM

Italian Day



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.



## 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

**Herby Turkey Jollof Rice** served with **Fresh Mixed Salad**  
**Wholemeal Creamy Vegetable Pie & Steamed Potatoes**  
Cauliflower & Green Beans  
**Orange Bread & Butter Pudding** with Custard  
Yoghurt / Fresh Fruit Salad

**Organic Beef Shepherd's Pie** with **Steamed Vegetables**  
**Sweet & Sour Shredded Vegetables** served with **Noodles**  
Carrots & Green Beans  
**Carrot & Courgette Cake Slice**  
Yoghurt / Fresh Fruit Salad

**Roast (as advertised) with Steamed New Potatoes & Gravy**  
**Lentil & Sweet Potato Curry & Rice**  
Savoy Cabbage & Swede  
Yoghurt / Fresh Fruit Platter

**Chicken Tikka & Steamed Rice**  
**Bean Chilli** served with **Rice**  
Cauliflower & Courgettes  
**Dutch Apple Pie** with Custard  
Yoghurt / Fresh Fruit Salad

**Salmon Fishcake** or **Steamed Salmon Portion** with **Paprika Wedges**  
**Bean Burger & Mixed Leaves Salad**  
Baked Beans & Garden Peas  
**Lemon Drizzle Cake**  
Yoghurt / Fresh Fruit Platter

**Sweet & Sour Turkey & Vegetable Casserole** with **Boiled Potatoes**  
**Vegetarian Jollof Rice**  
Sweetcorn & Peppers  
**Wholemeal Fruity Shortbread & Fruit Compote**  
Yoghurt / Fresh Fruit Salad

**Jollof Rice with Chicken**  
**Curried Lentil Stew & Rice**  
Courgettes & Roast Peppers  
**Wholemeal Plum and Vanilla Crumble & Custard**  
Yoghurt / Fresh Fruit Platter

**Roast (as advertised) with Roast Potatoes & Gravy**  
**Cheese & Tomato Quiche** with **Fresh Salad**  
Swede & Broccoli  
Yoghurt / Fresh Fruit Salad

**Wholemeal Spaghetti** **Organic Bolognese** with **Fresh Mixed Leaves**  
**Bean Cassoulet & Mashed Potatoes**  
Carrots & Sweetcorn  
**Eve's Pudding & Custard**  
Yoghurt / Fresh Fruit Platter

**Battered or Steamed Parsley Fish Fillet** served with **Chipped Potatoes**  
**Spiced Vegetable & Soya Pattie** & **Fresh Salad**  
Baked Beans & Garden Peas  
**Chocolate & Beetroot Brownie Slice**  
Yoghurt / Fresh Fruit Salad

**Wholemeal Chicken & Peppers Pizza**  
**Wholemeal Tomato & Peppers Pizza**  
Aubergines, Peas & Onions  
**Apple, Cheese & Crackers**  
Yoghurt / Fresh Fruit Salad

**Lamb & Vegetable Pie** with **Mash Potato**  
**Vegetable Bean Fajitas** with **Rice**  
Green Beans & Glazed Carrots  
**Rice Pudding & Berries**  
Yoghurt / Fresh Fruit Platter

**Roast (as advertised) with Roast New Potatoes & Gravy**  
**Neapolitan Bean & Vegetable Wholemeal Pasta**  
Red Cabbage & Parsnips  
Yoghurt / Fresh Fruit Salad

**Organic Beef Lasagne**  
**Chickpea Aloo Chaat & Mixed Leaves**  
Broccoli & Sweetcorn  
**Apple & Raisin Strudel** with Custard  
Yoghurt / Fresh Fruit Platter

**Breaded or Steamed Fillet of Fish** served with **Oven Chips**  
**Cheese & Tomato Calzone**  
Garden Peas & Baked Beans  
**Chocolate & Kale Brownie**  
Yoghurt / Fresh Fruit Salad

**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](http://www.msc.org)  
Chain of Custody  
Registration Code  
MSC-C-54995

MONDAY  
TUESDAY  
WEDNESDAY  
THURSDAY  
FRIDAY