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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/lbi email: info@caterlinktd.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

Please visit the website for current updates

ISLINGTON

FRESH
+
HEALTHY
=
TASTY



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.

In Partnership with:



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

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

Chicken Bolognese
with Wholemeal Spaghetti
Quorn & Vegetable Stir Fry
Carrots & Sweetcorn
Yoghurt / Fresh Fruit Platter

Organic Shepherd's Pie
Vegetable Bean Cobbler
Broccoli & Cauliflower
Lemon Drizzle Slice
Yoghurt / Fresh Fruit Platter

Roast (as advertised) with New Potatoes & Gravy
Red Pepper & Cheese Frittata
Carrots & Courgettes
(Low sugar) Apple & Berry Strudel with Custard
Yoghurt / Fresh Fruit Platter

Chicken Korma & Cinnamon Rice
Lentil & Vegetable Curry
Roast Aubergines & Peppers
Peach Upside Down Cake
Yoghurt / Fresh Fruit Platter

Breaded or Poached Fillet of Fish with Oven Chips
(NEW!) Spinach & Cheese Canelloni
Baked Beans & Garden Peas
Chocolate & Banana Muffin
Yoghurt / Fresh Fruit Platter

TWO

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

Beef Goulash with Vegetable Couscous
Mushroom & Chickpea Risotto
Broccoli & Red Cabbage
Yoghurt / Fresh Fruit Platter

(NEW!) Peppers, Flaked Salmon Fillet & Sweetcorn Wholemeal Pizza
Cheese, Tomato & Basil Calzone
Green Beans & Swede
Sticky Toffee Apple Crumble
Yoghurt / Fresh Fruit Platter

Roast (as advertised) with Roast Potatoes & Gravy
Vegetarian Lentil Wellington
Carrots & Curly Kale
(NEW!) Low Sugar Spotted Log with Custard
Yoghurt / Fresh Fruit Platter

Jerk Chicken with Rice & Peas
Beany Vegetable Gumbo with Cornbread
Sweetcorn & Peppers
Chocolate & Date Rock Cake Slice
Yoghurt / Fresh Fruit Platter

Homemade Cod Fishcakes with Cajun Potato Wedges
Glamorgan Sausages & Bean Salad
Baked Beans & Garden Peas
Apple & Pear Pie with Custard
Yoghurt / Fresh Fruit Platter

THREE

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

Turkey & Leek Pie with New Potatoes
Vegetarian Toad in the Hole
Carrots & Peas
Yoghurt / Fresh Fruit Platter

Lamb Stew with Vegetable Couscous
Bean & Vegetable Hotpot
Courgettes & Cauliflower
Chocolate & Beetroot Brownie
Yoghurt / Fresh Fruit Platter

Roast (as advertised) with Roast Potatoes & Gravy
Homemade Lentil Roast
Broccoli & Parsnips
Cherry Cobbler with Cinnamon Custard
Yoghurt / Fresh Fruit Platter

Chilli Con Carne with Steamed Rice
Bean & Cauliflower Wholemeal Pasta Bake
Spinach & Sweetcorn
Carrot & Courgette Pudding
Yoghurt / Fresh Fruit Platter

Battered Fish or Steamed Parsley Fish Fillet with Chipped Potatoes
Two Lentil Vegetarian Jamaican Patties
Garden Peas & Baked Beans
Apple & Sultana 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

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.

V Vegetarian option

F Oily fish

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

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY