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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
email: 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.



Please visit the website for current updates

www.mycaterlink.co.uk/lbi

 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



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
Chain of Custody
Registration Code
MSC-C-54995

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY