

ONE

1st Jan, 22nd Jan, 19th Feb
12th Mar

Chicken & Vegetable Chow Mein

Vegetarian Jollof Rice

Steamed Sliced Carrots
& Green Beans

Fruity Shortbread

Yoghurt / Fresh Fruit Platter

Macaroni Pastitsio

(made with organic Mince Beef)
Spinach & Tomato Quiche
with New Potatoes

Broccoli Spears & Cauliflower Florets

Apple & Mixed Berry

Crumble & Custard
Yoghurt / Fresh Fruit Platter

Roast (as advertised)

with Roast Potatoes & Gravy
Chickpea & Vegetable Loaf
with Roast Potatoes & Gravy

Sliced Courgette & Diced Swede

Low Sugar Custard

Yoghurt / Fresh Fruit Platter

Beef Meatballs in Tomato

Sauce with Wholemeal Pasta
Macaroni Cheese with Butter Beans

Sweetcorn & Roasted Mixed Peppers

Creamed Rice Pudding & Berries

Yoghurt / Fresh Fruit Platter

MSC Battered or Steamed Fish

with Chipped Potatoes
Bean Burger with Chipped Potatoes

Baked Beans & Garden Peas

Pear & Ginger Muffin

Yoghurt / Fresh Fruit Platter



TWO

8th Jan, 29th Jan, 26th Feb
19th Mar

Sausages & Mash

Vegetarian Sausages & Mash

Caramelised Red Onions
& Green Beans

Wholemeal Fruit Crumble & Custard

Yoghurt / Fresh Fruit Platter

Beef Goulash with Rice

Lentil & Vegetable Curry
with Rice & Fresh Flatbread

Roasted Vegetables

Banana Cake

Yoghurt / Fresh Fruit Platter

Roast (as advertised)

with Roast Potatoes & Gravy
Cheese & Pepper Whirl with
Roast Potatoes & Gravy

Broccoli Florets & Sliced Carrots

Low Sugar Custard

Yoghurt / Fresh Fruit Platter

Beef Lasagne

Chick Pea Aloo Chaat with Rice

Sweetcorn & Chunky Courgettes

Apple, Cheese & Biscuits

Yoghurt / Fresh Fruit Platter



THREE

15th Jan, 5th Feb, 5th Mar
26th Mar

Wholemeal Pasta Bar

Vegetable Bolognaisa or
Vegetarian Arrabiata

Broccoli Florets & Sweetcorn

Wholemeal Peach Crumble & Custard

Yoghurt / Fresh Fruit Platter

Beef Burger in a Bun with Potato Wedges

Chinese Vegetarian Spring Roll &
Steamed Rice

Cauliflower Florets & Sliced Green Beans

Apple, Cheese & Biscuits

Yoghurt / Fresh Fruit Platter

Roast (as advertised) with

Steamed New Potatoes & Gravy
Vegetarian Wellington with
Steamed New Potatoes

Shredded Cabbage

& Steamed Carrots

Low Sugar Custard

Yoghurt / Fresh Fruit Platter

Wholemeal Chicken & Red Pepper Pizza

Cheese & Tomato Pizza

Roasted Vegetable Medley

Fruit Jelly

Yoghurt / Fresh Fruit Platter



MSC Salmon Fish Fingers with

Chipped Potatoes
Cheese Tomato & Spinach
Frittata with Chipped Potatoes

Baked Beans & Garden Peas

Lemon & Cucumber Cake

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.



Vegetarian option



Oily fish



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

W

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@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

Please visit the website for current updates

ISLINGTON

In Partnership with:



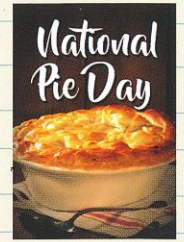
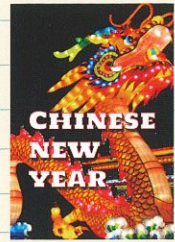
If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

Forms available through our website or via the school.

FRESH
+
HEALTHY
=
TASTY



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.