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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@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

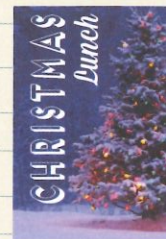
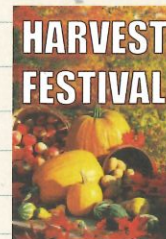
Please visit the website for current updates

 ISLINGTON



FRESH
+
HEALTHY
=
TASTY

DISCOVERY DAYS AVAILABLE THIS TERM



Available at participating schools only.



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...

3 Sept, 24 Sept, 15 Oct
12 Nov, 3 Dec

10 Sept, 1 Oct, 29 Oct
19 Nov, 10 Dec

17 Sept, 8 Oct, 5 Nov
26 Nov, 17 Dec

MONDAY

Sausage Pasta Bake

Quorn Sausage Pasta Bake

Baked Tomatoes & Peas

Wholemeal Apple Crumble & Custard
Yoghurt / Fresh Fruit Platter

Vegetable Toad in the Hole with New Potatoes

Vegetarian Butterbean Risotto

Baked Tomatoes & Sweetcorn

Eve's Pudding with Custard
Yoghurt / Fresh Fruit Platter

Wholemeal Cheese & Tomato Pizza

Five Bean Chilli with Rice

Sweetcorn & Mixed Peppers

Mandarin Upside Down Cake
Yoghurt / Fresh Fruit Platter

TUESDAY

Chicken Tikka with 50/50 Rice

Vegetable Enchiladas with 50/50 Rice

Roasted Peppers, Onions
& Green Beans

Breadsticks & Cheese
Yoghurt / Fresh Fruit Salad

Chicken & Broccoli Pasta Bake

Lentil & Sweet Potato Curry with 50 / 50 Rice

Green Beans & Carrots

Cottage Cheese & Crackers
Yoghurt / Fresh Fruit Chunks

Cottage Pie with Gravy

Shepherdess Pie

Green Beans & Glazed Carrots

Rice Pudding with
Apple & Mixed Berries
Yoghurt / Fresh Fruit Platter

WEDNESDAY

Roast (as advertised) with Roast Potatoes & Gravy

Vegetable Wellington with
Roast Potatoes & Gravy

Carrot & Swede Mash

Yoghurt & Fruit Station

Roast Turkey with Roast Potatoes & Gravy

Mixed Vegetable Loaf with
Roast Potatoes & Gravy

Broccoli & Cauliflower

Yoghurt & Fruit Station

Roast Chicken with Roast Potatoes & Gravy

Quorn Roast with
Roast Potatoes & Gravy

Savoy Cabbage & Cauliflower Florets

Yoghurt & Fruit Station

THURSDAY

Macaroni Cheese with Garlic Slice

Sweet & Sour Vegetables with Noodles

Sweetcorn & Broccoli

Apple & Raisin Strudel with Custard
Yoghurt / Fresh Fruit Salad

Spaghetti Beef Bolognese

Quorn Mince Bolognese with Spaghetti

Roasted Mixed Vegetables

Oaty Peach Crumble with Custard
Yoghurt / Fresh Fruit Platter

Beef Lasagne with Garlic Bread

Soya Mince Lasagne

Broccoli & Tomato Salad

Pear & Chocolate Sponge with Chocolate
Drizzle
Yoghurt / Fresh Fruit Platter

FRIDAY

MSC Salmon Fishcake / Fish Fingers with Chips

Chickpea Aloo Chaat with 50/50 Rice

Baked Beans & Garden Peas

Carrot & Courgette Cake with Custard
Yoghurt / Fresh Fruit Platter

MSC Breaded Fish with Chips

Wholemeal Cheese & Tomato

Quiche with Chips

Baked Beans & Garden Peas

Chocolate & Banana Square
Yoghurt / Fresh Fruit Salad

MSC Battered Fish with Chips

Red Pepper Frittata with Chips

Garden Peas & Baked Beans

Cheese, Apple & Biscuits
Yoghurt / Fresh Fruit Chunks

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
Milk

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