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# HAT'S FOR LUNCH THIS SUMMER...

**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/gcc](http://www.mycaterlink.co.uk/gcc)  
email: [info@caterlinkltd.co.uk](mailto:info@caterlinkltd.co.uk)  
or call 01892 824604

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

Please visit the website for current updates

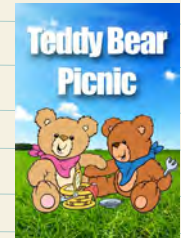
In Partnership with:



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.

## 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.

FRESH  
+  
HEALTHY  
=  
TASTY



# ONE

# TWO

# THREE

24 Apr, 15 May, 12 Jun  
3 Jul, 24 Jul

1 May, 22 May  
19 Jun, 10 Jul

8 May, 5 Jun  
26 Jun, 17 Jul

MONDAY

**Meatballs in Tomato Sauce with Rice**  
**Vegetarian Sausage & Mash with Gravy**  
**Jacket Potato with Cheese**

Green Beans & Sweetcorn  
Lemon Drizzle Cake  
Yoghurt / Fresh Fruit Platter

**Organic Beef Mince Lasagne with Garlic Slice**  
**Vegetable Bolognese with Garlic Slice**

**Homemade Tomato Soup with Half Filled Baguette**  
Sweetcorn & Carrots

**Jam Sponge with Custard Yoghurt / Fresh Fruit Salad**

**Roast Gammon with Roast Potatoes & Gravy**  
**Vegetable Wellington with Roast Potatoes & Gravy**

**Jacket Potato with Salmon Mayo**

Broccoli & Swede  
Chocolate Krispie Cake  
Yoghurt / Fresh Fruit Platter

**Chicken Wrap with New Potatoes**  
**Macaroni Cheese**

**Homemade Vegetable Soup with Half Filled Baguette**  
Carrots & Peas

**Pineapple Upside Down Cake with Custard**  
**Yoghurt / Fresh Fruit Salad**

**MSC Battered Fish with Chips**  
**Vegetable Enchilada with Chips**



**Egg Salad with Chips**

Baked Beans & Garden Peas

**Fruit Flapjack**  
**Yoghurt / Fresh Fruit Chunks**

TUESDAY

**Beef Burger in a Bun with Wedges**  
**Cheese & Tomato Pinwheel with Wedges**  
**Jacket Potato with Cheese**

Garden Peas & Sweetcorn  
Vanilla Cookies  
Yoghurt / Fresh Fruit Platter

**Chicken Curry & Rice**  
**Vegetable Cottage Pie**

**Homemade Tomato Soup with Half Filled Baguette**  
Carrots & Cauliflower

**Chocolate Crunch with Chocolate Sauce**  
**Yoghurt / Fresh Fruit Chunks**

**Roast Pork with Roast Potatoes & Gravy**  
**Quorn Roast with Roast Potatoes & Gravy**  
**Jacket Potato with Salmon Mayo**

Green Beans & Swede  
Neapolitan Ice Cream  
Yoghurt / Fresh Fruit Salad

**Organic Beef Spaghetti Bolognese with Garlic Slice**  
**Vegetable Lasagne with Garlic Slice**

**Homemade Vegetable Soup with Half Filled Baguette**  
Mixed Vegetables

**Vanilla & Mandarin Sponge with Custard**  
**Yoghurt / Fresh Fruit Platter**

**MSC Battered Fish & Chips**  
**Vegetable Pasty with Chips**



**Ham Salad with Chips**

Baked Beans & Garden Peas

**Chocolate & Beetroot Brownie**  
**Yoghurt / Fresh Fruit Chunks**

WEDNESDAY

THURSDAY

FRIDAY

**Sausage & Mash with Gravy**  
**Cheese & Tomato Pizza with Sliced Potatoes**

**Jacket Potato with Cheese**  
Green Beans & Mixed Peppers  
Chocolate Cake  
Yoghurt / Fresh Fruit Platter

**Organic Mince Cottage Pie**  
**Vegetable Chickpea Hotpot**

**Homemade Tomato Soup with Half Filled Baguette**  
Sweetcorn & Cauliflower

**Fruit Shortcake with Custard**  
**Yoghurt / Fresh Fruit Salad**

**Roast Chicken with Roast Potatoes & Gravy**  
**Spinach & Tomato Quiche with Roast Potatoes**

**Jacket Potato with Salmon Mayo**  
Savoy Cabbage & Carrots  
Iced Sponge  
Yoghurt / Fresh Fruit Chunks

**Hawaiian Pizza with Sliced Potatoes**  
**Sweet & Sour Vegetables with Rice**

**Homemade Vegetable Soup with Half Filled Baguette**

Broccoli & Carrots

**Berry & Apple Strudel with Custard**  
**Yoghurt / Fresh Fruit Salad**

**MSC Fish Fingers with Chips**  
**Frittata with Chips**



**Tuna Salad with Chips**

Baked Beans & Garden Peas

**Pear & Ginger Muffin**  
**Yoghurt / Fresh Fruit Platter**

## AVAILABLE EVERY DAY...

### Jacket Potatoes

freshly cooked daily, with a choice of fillings where advertised.

### 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  
MML - C 1009