

WHAT'S FOR LUNCH THIS SUMMER...



Caterlink is an award-winning food service provider catering for primary schools across the country.

We are passionate about providing your children with freshly prepared school lunches that are true to our fresh food heritage. All our menus are nutritionally analysed to ensure they meet and, in most cases, exceed The School Food Standards by our nutrition team. We are committed to constantly reviewing our menus and recipes to ensure they are healthy. We have reduced sugar in our desserts to below the 6.5g recommendations by Public Health England and have been recognised as leading the way by SUGAR SMART UK. We have also introduced a number of plant-based recipes to our menus and meat free days to support the sustainability aspects of our offer.

KEEP IN TOUCH

You can keep up to date with what is going on by visiting our web site
<https://caterlinkltd.co.uk/my-caterlink>
to find the latest news and information about our upcoming theme days and our current menus. You can also get in touch through our Contact Us page, we appreciate all feedback on our service.

RECRUITMENT

We are always looking for new talented team members, if you are interested in joining Caterlink or becoming an apprentice visit us through our web site
<https://caterlinkltd.co.uk/jobs-careers/>
or email hrsupport@caterlinkltd.co.uk

FREE SCHOOL MEALS

All children at Islington primary schools can enjoy a meal each day without charge, irrespective of income.

You still need to sign up for free school meals. This is important and helps school funding.

If you have not already registered, please do so by visiting
www.islington.gov.uk/freeschoolmeals

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ALLERGY INFORMATION:

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, this can be downloaded from our web site <https://caterlinkltd.co.uk/school/caterlink-primary-division>. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross-contamination.



ISLINGTON SUMMER MENU 2021

Monday

Tuesday

Wednesday

Thursday

Friday

WEEK ONE

19 Apr
10 May
7 Jun
28 Jun
19 Jul

Option 1	Beef & Bean Fajita with 50/50 Rice 	Chicken & Red Pepper Pizza 	Roast Turkey, Skin on Roast Potatoes & Gravy 	Soya Bolognaise 	Salmon Fishfingers with Sweet Potato Wedges 
Option 2	Vegetable & Bean Fajita with 50/50 Rice 	Tomato & Vegetable Pasta 	Roast Quorn with Skin on Roast Potatoes & Gravy 	Roasted Cauliflower Curry with 50/50 Rice 	Cheese & Onion Quiche with Potato Wedges 
Vegetables	Sweetcorn Broccoli Rainbow Slaw	Green Beans Ratatouille Mixed Bean Salad	Carrots Cauliflower Green Bean Salad	Roasted Peppers Courgettes Mixed Leaf Salad	Peas Baked Beans Grated Carrot Salad
Dessert	Peaches & Ice Cream Yoghurt / Fresh Fruit	Plum Crumble with Custard Yoghurt / Fresh Fruit 	Apple, Cheese & Crackers Yoghurt / Fresh Fruit	Chocolate & Banana Oaty Square Yoghurt / Fresh Fruit 	Yoghurt & Fresh Fruit Station

WEEK TWO





26 Apr
17 May
14 Jun
5 Jul

Option 1	Lemon Turkey Stuffed Pitta Pouch 	Beef Lasagne with Garlic Bread	Hot Roast Chicken Baguette	Cheese & Tomato Pizza 	Mediterranean Fish with Chipped Potatoes
Option 2	Vegetable Enchiladas with 50/50 Rice 	Vegetable Lasagne with Garlic Bread	Bean & Lentil Burger in a Bun 	Summer Vegetable Risotto 	Red Pepper & Cheese Frittata with Lemon Couscous
Vegetables	Mixed Broccoli & Cauliflower Florets Couscous Salad	Carrots Courgettes Coleslaw	Roast Tomatoes Hot Slaw Sweet Potato Salad	Sweetcorn Green Beans Roasted Veg Salad	Peas Baked Beans Tomato Penne Salad
Dessert	Apple Strudel with Custard Yoghurt / Fresh Fruit	Mandarin Cheesecake Yoghurt / Fresh Fruit 	Grapes, Cheese & Crackers Yoghurt / Fresh Fruit	Mixed Fruit Crumble with Custard Yoghurt / Fresh Fruit	Yoghurt & Fresh Fruit Station

WEEK THREE

3 May
24 May
21 Jun
12 Jul

Option 1	Vegetable Stir Fry with Noodles 	Chicken Tikka Masala & 50/50 Rice	Roast Chicken Drumsticks, Skin on Roast Potatoes & Gravy	Moroccan Meatballs in Tagine Sauce with Couscous	Breaded Fish with Chipped Potatoes & Tomato Sauce
Option 2	Macaroni Cheese 	Lentil and Sweet Potato Curry & 50/50 Rice 	Lentil & Tomato Whirl with Steamed Potatoes 	Chickpea & Apricot Tagine with Couscous 	Spanish Omelette with Power Salad
Vegetables	Peas Sweetcorn Green Bean Salad	Broccoli Cauliflower Apple & Raisin Salad	Spring Greens Carrots BBQ Noodle Salad	Roasted Vegetables Beetroot & Orange Salad	Peas Baked Beans Tabbouleh
Dessert	Pear Crumble & Custard Yoghurt / Fresh Fruit 	Chocolate & Orange Brownie Yoghurt / Fresh Fruit	Sliced Cheese, Melon & Breadsticks Yoghurt / Fresh Fruit	Bananas & Custard Yoghurt / Fresh Fruit	Yoghurt & Fresh Fruit Station

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Oily Fish

Available Daily

- 50/50 freshly baked bread
- Assorted variety of fruit along with the Jackets and Salad bar

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