



# 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 Assured 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.

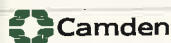
## keep in touch

Your comments are important to us and we value your feedback. Visit our informative web link: [www.caterlinkltd.co.uk/school/london-borough-of-camden/](http://www.caterlinkltd.co.uk/school/london-borough-of-camden/) 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.caterlinkltd.co.uk/school/london-borough-of-camden/](http://www.caterlinkltd.co.uk/school/london-borough-of-camden/)

Please visit the website for current updates



FRESH  
+  
HEALTHY  
=  
TASTY



## Universal infant Free School Meals

Don't forget if your child is in Reception, Year 1 or Year 2 they can enjoy a meal each day without charge, irrespective of income. However you still need to register if you are entitled to Free School Meals. This is important and helps schools funding.

## Free School Meals

Low Income - Are you missing out? to check if you are entitled to Free School Meal entitlement ask at your school office.

## ALLERGY INFORMATION:

If your child has an allergy or intolerance please speak to your child's school or the Cook Manager on site for information.

Forms available through our website or via the school.

## ONE

2 Sept, 23 Sept, 14 Oct  
11 Nov, 2 Dec

**Chicken Sausage in a Hot Dog Roll with Potato Wedges**  
**Quorn Sausage in a Hot Dog Roll with Potato Wedges**  
Sweetcorn & Coleslaw  
**Orange Drizzle Cake**  
Yoghurt / Fresh Fruit Platter

**Chicken Arrabiata Pasta with Homemade Garlic Bread**  
**Macaroni Cheese with Homemade Garlic Bread**  
Green Beans & Carrots  
**Carrot & Courgette Cake**  
Yoghurt / Fresh Fruit Platter

**Roast (as advertised) & Gravy**  
**Mixed Vegetable Loaf & Gravy**  
Cauliflower & Broccoli  
Roast Potato or Mashed Potato  
**Apple, Cheese & Biscuits**  
Yoghurt / Fresh Fruit Platter

**Chilli Con Carne with Rice**  
**Five Bean Chilli with Rice**  
Roasted Mixed Vegetables  
**Fruit Crumble with Custard**  
Yoghurt / Fresh Fruit Platter

**MSC Fish Fingers/ Salmon Fish Fingers**  
**Spicy Bean Burger**  
Baked Beans & Peas  
Chips or Couscous  
**Fruit & Yoghurt Station**

## TWO

9 Sept, 30 Sept, 28 Oct  
18 Nov, 9 Dec

**Wholemeal BBQ Chicken Pizza**  
**Wholemeal Cheese & Tomato Pizza**  
Peppers & Green Beans  
New Potatoes or Couscous  
**Wholemeal Pear Crumble with Custard**  
Yoghurt / Fresh Fruit Platter

**Cottage Pie with Gravy**  
**Shepherdess Pie with Gravy**  
Peas & Cauliflower  
**Chocolate Shortbread**  
Yoghurt / Fresh Fruit Platter

**Roast (as advertised) & Gravy**  
**Vegetarian Wellington & Gravy**  
Cabbage & Carrots  
Mashed Potato or Roast Potato  
**Apple, Cheese & Biscuits**  
Yoghurt / Fresh Fruit Platter

**Chicken Tagine**  
**Lentil & Sweet Potato Curry**  
Sweetcorn & Baked Tomatoes  
Couscous or Rice  
**Eve's Pudding with Custard**  
Yoghurt / Fresh Fruit Platter

**MSC Breaded Fish**  
**Red Pepper & Cheese Frittata**  
Baked Beans & Peas  
Chips or New Potatoes  
**Fruit & Yoghurt Station**

## THREE

16 Sept, 7 Oct, 4 Nov  
25 Nov, 16 Dec

**Beef Bolognese with Spaghetti**  
**Soya Bolognese with Spaghetti**  
Peas & Carrots  
**Banana Loaf**  
Yoghurt / Fresh Fruit Platter

**Chicken Pie with Mashed Potato & Gravy**  
**Chickpea & Vegetable Hotpot**  
Sweetcorn & Broccoli  
**Rice Pudding with Mixed Berries**  
Yoghurt / Fresh Fruit Platter

**Roast Chicken & Stuffing with Gravy**  
**Quorn Roast**  
Fresh Mixed Seasonal Vegetables  
Roast Potato or Couscous  
**Apple, Cheese & Biscuits**  
Yoghurt / Fresh Fruit Platter

**Beef Lasagne with Garlic Bread**  
**Wholemeal Vegetable Pasta Bake**  
Roasted Vegetables & Green Beans  
**Chocolate & Mandarin Sponge**  
with Vanilla Sauce  
Yoghurt / Fresh Fruit Platter

**MSC Fish in Batter**  
**Vegetable & Bean Fajitas**  
Baked Beans & Peas  
Chips or Rice  
**Fruit & Yoghurt Station**

AVAILABLE EVERY DAY...

## 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.

**V** Vegetarian option

**F** Oily fish

**MSC** Marine Stewardship Council details  
Web: [www.msc.org](http://www.msc.org)  
Chain of Custody  
Registration Code  
MML - C 1009

MONDAY  
TUESDAY  
WEDNESDAY  
THURSDAY  
FRIDAY