

# SPRING MENU 2020

|  | Monday     | Tuesday  | Wednesday   | Thursday   | Friday   |   |
|--|------------|--|---|--|--|---|
| <b>WEEK ONE</b><br>6 Jan<br>27 Jan<br>24 Feb<br>16 Mar   | Option 1   | Chicken Tikka Masala with 50/50 Rice                   | Baked Sausage with Mash & Gravy                       | Roast Chicken, Sage & Onion Stuffing, Skin on Roast Potatoes & Gravy | Soya Bolognaise                                    | Salmon Fish Fingers & Oven Chips        |
|  | Option 2   | Lentil & Sweet Potato Curry with 50/50 Rice            | Linda McCartney Sausage with Mash & Gravy             | Vegetable Wellington, Skin on Roast Potatoes & Gravy                 | Macaroni Cheese                                    | Mixed Bean & Lentil Burger & Oven Chips |
|  | Vegetables | Sweetcorn Broccoli Florets                             | Fresh Cauliflower Sliced Green Beans                  | Fresh Carrots Savoy Cabbage  | Roasted Chunky Courgette Cut Green Beans           | Baked Beans Garden Peas                 |
|  | Dessert    | Plum & Vanilla Crumble & Custard Yoghurt / Fresh Fruit | Peach Upside Down Cake Yoghurt / Fresh Fruit          | Apple, Cheese & Crackers Yoghurt / Fresh Fruit                       | Apple Struddle & Custard Yoghurt / Fresh Fruit     | Fresh Fruit & Yoghurt Station           |
| <b>WEEK TWO</b><br>13 Jan<br>3 Feb<br>2 Mar<br>23 Mar    | Option 1   | Cheese & Tomato Pizza Potato Salad on Salad Bar        | Chicken Plait, Tomato Salsa & Couscous                | Roast Beef with Skin on Roast Potatoes & Gravy                       | Mexican Beef with Rice                             | Breaded MSC Fish & Oven Chips           |
|  | Option 2   | Chickpea Curry with 50/50 Rice                         | Vegetable & Apricot Tagine with Couscous              | Quorn Roast Fillet with Skin on Roast Potatoes & Gravy               | Tomato & Vegetable Pasta                           | Cheese Frittata & Oven Chips            |
|  | Vegetables | Sweetcorn, Roasted Chunky Fresh Peppers & Aubergines   | Garden Peas Cauliflower Florets                       | Fresh Carrots Sliced Green Beans                                     | Sweetcorn Fresh Broccoli                           | Baked Beans Garden Pea                  |
|  | Dessert    | Oaty Pear Crumble & Custard Yoghurt / Fresh Fruit      | Slice of Lemon & Courgette Cake Yoghurt / Fresh Fruit | Grapes, Cheese & Crackers Yoghurt / Fresh Fruit                      | Poached Pears & Custard Yoghurt / Fresh Fruit      | Fresh Fruit & Yoghurt Station           |
| <b>WEEK THREE</b><br>20 Jan<br>10 Feb<br>9 Mar<br>30 Mar | Option 1   | Cheese & Beef Pizza with Cajun Potato Wedges           | Vegan Sausage Roll with 50/50 Rice                    | Roast Turkey, Skin on Roast Potatoes & Gravy                         | Chicken Stir Fry with Noodles                      | Fish in Batter & Oven Chips             |
|  | Option 2   | Mexican Beans with Cajun Potato Wedges                 | Vegetable Hotpot with 50/50 Rice                      | Courgette & Potato Stack with Skin on Roast Potatoes                 | Vegetarian Stir Fry with Noodles                   | Vegetable Enchiladas                    |
|  | Vegetables | Sweetcorn Fresh Broccoli                               | Sliced Fresh Carrots Garden Peas                      | Swede Mash Red Cabbage   | Cut Green Beans Fresh Cauliflower                  | Baked Beans Garden Pea                  |
|  | Dessert    | Rice Pudding with Fruit Compote Yoghurt / Fresh Fruit  | Apple Sponge with Custard Yoghurt / Fresh Fruit       | Apple, Cheese & Crackers Yoghurt / Fresh Fruit                       | Chocolate & Beetroot Brownie Yoghurt / Fresh Fruit | Fresh Fruit & Yoghurt Station           |

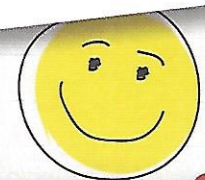
- Added Plant Power
- Vegan
- Wholemeal
- Oily Fish
- Marine Stewardship Council  
www.msc.org  
Chair of Custody  
Reg Code MML-C1009

- Available Daily**
- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
  - Bread freshly baked on site daily
  - Daily salad selection
  - Fresh milk

**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. 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.

# WHAT'S FOR LUNCH THIS SPRING...



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



We are passionate about providing your children with award winning Food for Life Served Here 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 menu. 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](mailto: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](http://www.islington.gov.uk/freeschoolmeals)

