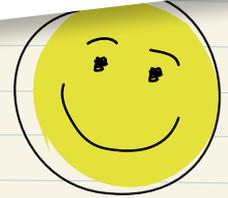


W

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/bedford-borough-council
email: info@caterlinkltd.co.uk
or call 01234 360874

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/bedford-borough-council

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

TWO

THREE

AVAILABLE EVERY DAY...

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

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

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

Pork Sausage in a Hot Dog Roll with Potato Wedges
Quorn Sausage in a Hot Dog Roll with Potato Wedges

Sweetcorn & Baked Beans

Orange Drizzle Cake with Lemon Custard
Yoghurt / Fresh Fruit Platter

Macaroni Cheese with Garlic Bread
Shepherdess Pie with Gravy

Green Beans & Carrots

Pick 'n' Mix
Fruit & Yoghurt Station

Roast Chicken & Stuffing with Roast Potatoes & Gravy
Mixed Vegetable Loaf with Roast Potatoes & Gravy

Savoy Cabbage,
Peas & Sweetcorn Mix

Oaty Cookie
Yoghurt / Fresh Fruit Platter

Cottage Pie with Parsley Potatoes & Gravy
Five Bean Chilli with 50/50 Rice

Cauliflower & Broccoli

Apple Crumble with Custard
Yoghurt / Fresh Fruit Platter

MSC Salmon Fish Fingers/Breaded Fish with Chips
Cheese & Tomato Pin Wheel with Chips

Baked Beans & Peas

Iced Sponge
Fruit & Yoghurt Station

Cheese & Tomato Pizza with New Potatoes
Vegetable Tagine with Couscous

Grated Carrot & Green Beans

Banana Loaf with Custard
Yoghurt / Fresh Fruit Platter

Turkey & Leek Pie with Creamed Potato
Vegetarian Soya Spaghetti Bolognaise with Garlic Bread

Peas & Cauliflower

Orange & Ginger Sponge with Custard
Yoghurt / Fresh Fruit Platter

Roast Bacon Loin with Roasted New Potatoes & Gravy
Quorn Fillet with Roasted New Potatoes & Gravy

Roasted Vegetables & Carrots

Chocolate Shortbread
Yoghurt / Fresh Fruit Platter

Chicken Arrabiata Pasta with Wholemeal Pasta
Lentil & Sweet Potato Curry with Rice

Sweetcorn & Broccoli

Honey & Apple Sponge with Custard
Yoghurt / Fresh Fruit Platter

MSC Fish Finger or Fish & Chips
Roasted Vegetable Enchiladas

Baked Beans & Peas

Pick 'n' Mix
Fruit & Yoghurt Station

Spaghetti Bolognaise with Garlic Bread
Creamy Vegetable Pie topped with Creamed Potato

Peas & Carrots

Apple Flapjack
Yoghurt / Fresh Fruit Platter

Chicken & Bean Fajitas
Roasted Cauliflower Curry with Rice

Sweetcorn & Cabbage Slaw

Ice Cream with Mandarins
Yoghurt / Fresh Fruit Platter

Roast Pork with Roast Potatoes & Gravy
Vegetarian Wellington with Roast Potatoes & Gravy

Mashed Swede & Broccoli

Apple, Cheese & Biscuits
Yoghurt / Fresh Fruit Platter

BBQ Chicken Pizza with Paprika Wedges
Wholemeal Vegetable Pasta

Tomato & Onion Salad, Green Beans

Chocolate & Beetroot Sponge with Chocolate Sauce
Yoghurt / Fresh Fruit Platter

MSC Fishfinger or Fish & Chips
Quorn Burger with New Potatoes

Baked Beans & Peas

Pick 'n' Mix
Fruit & Yoghurt Station

Bread

freshly baked on site daily

Daily salad selection

there will be a selection of salad items available daily

Fresh Fruit & Organic 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



Marine Stewardship Council details
Web: www.msc.org
Chain of Custody
Registration Code
MMLL - C 1009

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY