

WHAT'S FOR LUNCH THIS AUTUMN/WINTER?

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 set 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's 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.

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 Meals entitlement ask at your school office.

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 hrrsupport@caterlinkltd.co.uk

ALLERGY INFORMATION

If you would like to know about particular allergens in foods 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.



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St Richard's
Autumn/Winter
2025-2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

03/11/2025
24/11/2025
15/12/2025
19/01/2026
09/02/2026
09/03/2026

| | | | | | |
|-------------------|---|--|--|--|---|
| Option One | Vegan Fajitas with Spicy Wedges  | Beef Lasagne with Garlic Bread  | Roast Chicken, Stuffing, Roast Potatoes and Gravy | NEW Chicken Biryani | Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce |
| Option Two | French Bread Cheese & Tomato Pizza with Spicy Wedges | Autumn Vegetarian Lasagne with Garlic Bread | Roasted Vegan Quorn Fillet with Roast Potatoes and Gravy  | NEW BBQ Vegan Sausage Pasta with Garlic Bread  | Cheese and Bean Pasty with Chips and Tomato Sauce |
| Vegetables | Vegetables of the Day | Vegetables of the Day | Vegetables of the Day | Vegetables of the Day | Vegetables of the Day |
| Dessert | Cheese and Crackers | NEW Apple Crumb Cake with Custard | Fruit Medley  | Jelly with Mandarin  | Syrup Sponge with Custard |

WEEK TWO

10/11/2025
01/12/2025
05/01/2026
26/01/2026
23/02/2026
16/03/2026

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|-------------------|---|---|--|---|--|
| Option One | Classic Cheese and Tomato Pizza with Wedges  | Spaghetti Bolognese  | BBQ Chicken with Seasoned Potatoes & Sweetcorn Salsa  | Meatballs in Tomato Sauce with Rice  | Breaded Fish or Fishfingers with Chips & Tomato Sauce |
| Option Two | Rainbow Pizza with Wedges  | Vegan Spaghetti Bolognese  | CHICKEN SHACK BBQ Quorn with Seasoned Potatoes & Sweetcorn Salsa  | Vegan Plant Balls in Tomato Sauce with Rice  | Cheese Whirl with Chips and Tomato Sauce |
| Vegetables | Vegetables of the Day | Vegetables of the Day | Vegetables of the Day | Vegetables of the Day | Vegetables of the Day |
| Dessert | NEW Gingerbread Cookie  | Banana Sponge with Custard | Fruit Salad  | Sticky Toffee Apple Crumble with Custard  | Vanilla Shortbread  |

WEEK THREE

17/11/2025
08/12/2025
12/01/2026
02/02/2026
02/03/2026
23/03/2026

| | | | | | |
|-------------------|---|---|---|---|---|
| Option One | Macaroni Cheese | NEW Chicken Enchilada Bake with Rice  | Sausage with Roast Potatoes and Gravy | Mild Caribbean Chicken with Golden Rice  | Fishfingers with Chips & Tomato Sauce |
| Option Two | Tomato Pasta  | NEW Chefs Special Vegan Curry with Rice  | Vegan Sausage and Roast Potatoes and Gravy  | Caribbean Stew with Golden Rice  | Mexican Bean Sausage Roll with Chips & Tomato Sauce  |
| Vegetables | Vegetables of the Day | Vegetables of the Day | Vegetables of the Day | Vegetables of the Day | Vegetables of the Day |
| Dessert | Oaty Cookie  | Pear Crumble with Custard  | Fruit Salad  | NEW Jamaican Ginger Cake with Custard | Cornflake Tart |

MENU KEY

 Added Plant Protein  Wholemeal  Vegan  Chef's Special

***Available Daily*:**

- Freshly Cooked Jacket Potatoes with a Choice of Fillings
- Bread Freshly Baked on Site
- Fresh Salad Selection
- Fresh Fruit and Yoghurt



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