

# What's for lunch this Spring...

**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 Freedom Food Free Range 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.mycaterlink.co.uk/lbi](http://www.mycaterlink.co.uk/lbi)  
email: [info@caterlinkltd.co.uk](mailto:info@caterlinkltd.co.uk)  
or call 020 7688 6640



FRESH  
+  
HEALTHY  
=  
TASTY

All our menus are nutritionally analysed to ensure they meet and in most cases exceed **The Children's Food Trust's Nutrient Standards**. We hope your child enjoys our new menus.



[www.mycaterlink.co.uk/lbi](http://www.mycaterlink.co.uk/lbi)

Please visit the website for current updates.



## THEME DAYS available this term



**EASTER FEAST**



**ST GEORGE'S DAY**

In Partnership with:



Although **Caterlink** makes every endeavour to eliminate the use of nuts in our food production we cannot guarantee a 100% nut free menu.

 ISLINGTON






# Menu


available every day

monday  
tuesday  
wednesday  
thursday  
friday


## one

6th Jan, 27th Jan, 24th Feb, 17th Mar

**Tuna & salmon pasta bake**    
**Macaroni cheese**   
(wholemeal pasta mix)  
**Carrots & garden peas**  
**Apple & pear crumble** with custard  
Yoghurt, fresh fruit platter

**Lamb toad in the hole**  
with mashed potato  
**Vegetarian toad in the hole**   
with mashed potato  
**Sweetcorn & green beans**  
**Chocolate & beetroot brownie**  
with custard  
Yoghurt, fresh fruit platter


**Herby roast chicken**  
with new potatoes & gravy  
**Quorn & vegetable stir fry**   
**Cabbage & carrots**  
**Fruit jelly**  
Yoghurt, fresh fruit platter

**Organic beef & basil spaghetti bolognaise** 50/50 wholemeal mix with garlic bread  
**Vegetarian spaghetti bolognaise**   
with garlic bread  
**Broccoli & sweetcorn**  
**Apple & raisin turnover** with custard  
Yoghurt, fresh fruit platter

**Battered pollock**   
with chipped potatoes  
**Cheese & tomato quiche**   
with chipped potatoes  
**Grilled tomatoes & garden peas**  
Yoghurt, fresh fruit platter


## two

13th Jan, 3rd Feb, 3rd Mar, 24th Mar

**Mexican lamb chilli** with rice  
**Vegetarian mexican chilli**   
with rice  
**Garden peas & carrots**  
**Fruit crumble** with custard  
Yoghurt, fresh fruit platter

**Organic chicken & leek pie**  
with new potatoes  
**Creamy vegetable pie**   
with new potatoes & gravy  
**Broccoli & sweetcorn**  
**Rice pudding** with mixed berry compote  
Yoghurt, fresh fruit platter

**Roast beef**  
with yorkshire pudding & gravy  
**Red pepper & cheese frittata**   
with roast potatoes  
**Cauliflower & mixed vegetables**  
**Fruit flapjack** & custard  
Yoghurt, fresh fruit platter

**Turkey mince lasagne**  
with garlic bread  
**Ratatouille & bean lasagne**   
with garlic bread  
**Green beans & carrots**  
**Eve's pudding** with custard  
Yoghurt, fresh fruit platter


**Caribbean fish**   
with mashed potato  
**Vegetable enchiladas**   
with seasoned baked wedges  
**Sweetcorn & garden peas**  
Yoghurt, fresh fruit platter


## three

20th Jan, 10th Feb, 10th Mar, 31st Mar

**Shepherds pie** with new potatoes  
**Shepherdess pie**   
with new potatoes  
**Cauliflower & mixed vegetables**  
**Dorset apple cake** with custard  
Yoghurt, fresh fruit platter

**BBQ chicken**  
with spicy wedges  
**Bean cauliflower bake**   
**Carrots & green beans**   
**Cherry & pear cobbler**  
with custard  
Yoghurt, fresh fruit platter

**Lamb tagine**  
with couscous  
**Chickpea & spinach curry**   
with rice  
**Shredded savoy cabbage & carrots**  
**Fruit jelly**  
Yoghurt, fresh fruit platter

**Chicken chow mein**  
with steamed noodles  
**Sweet & sour quorn**   
with noodles  
**Broccoli & sweetcorn**  
**Fruit strudel** with custard  
Yoghurt, fresh fruit platter

**Breaded fish**   
with chipped potatoes  
**Bean & lentil burgers**   
with chipped potatoes  
**Garden peas & carrots**  
Yoghurt, fresh fruit platter

**Jacket potatoes**  
freshly cooked daily where advertised with a choice of fillings

**Bread**  
freshly baked cooked on site daily

**Daily salad selection**  
there will be a selection of salad items available daily

**Custard**  
served as an accompaniment to all hot desserts

We use locally sourced ingredients when available and in season.

All menus may be subject to local change, please check with your child's school for any bespoke changes and for the dates of our theme lunches.

 Vegetarian option

 Oily fish

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