

Your New Autumn/Winter Menu is here!

Autumn/ Winter 2023/ 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 30/10/2023 20/11/2023 11/12/2023 15/01/2024 05/02/2024 04/03/2024 25/03/2024	Option one Cheese and Tomato Pizzo	BUILD A BURGER A choice of Burger (Beef & Bean or Vegan) with Toppings and Potato Wedges	Roast Chicken, Stuffing, Roast Potatoes & Gravy	Beef Spaghetti Bolognese with Garlic Bread	Fishfingers with Chips & Tomato Sauce
Option two	NEW Vegetable Couscous	Mixed Salad Coleslaw	Veg Wellington, Stuffing, Roast Potatoes & Gravy	Veggie Spaghetti Bolognese with Garlic Bread	Cheesy Bean Pasty with Chips & Tomato Sauce
Side of the day (for all options)	Broccoli Sweetcorn	Mixed Vegetables	Fruit Jelly with Mandarins	Peas Carrots	Peas Beans
Dessert	Fruit Medley	Lemon Drizzle	NEW Jam and Coconut Sponge	NEW Oaty Cookie	
WEEK TWO 04/11/2023 27/11/2023 18/12/2023 22/01/2024 19/02/2024 11/03/2024	Option one Tomato Pasta	Chicken Korma with Rice	Roast Turkey, Yorkshire Pudding, Roast Potatoes & Gravy	CHICKEN SHACK A choice of BBQ or Lemon & Herb Chicken or Vegan Quorn, with Seasoned Potatoes and Salads	Fishfingers with Chips & Tomato Sauce
Option two	Cheesy Swirl	Veggie Meatballs in Tomato Sauce with Rice	Roast Quorn, Yorkshire Pudding, Roast Potatoes & Gravy	Sweetcorn Mixed Peppers	Cheese Omelette with Chips & Tomato Sauce
Side of the day (for all options)	Carrots Peas	Mixed Salad	Mixed Vegetables	Chocolate Drizzle Cake	Peas Beans
Dessert	NEW Carrot Cake	Apple Crumble with Custard	Fruit Medley		Vanilla Shortbread
WEEK THREE 13/11/2023 04/12/2023 08/01/2024 29/01/2024 26/02/2024 18/03/2024	Option one NEW A choice of Tomato or Cheesy Pasta with a choice of Toppings	Mexican Beef Chili with Rice	Chicken Pie with Roast Potatoes & Gravy	Chicken wraps with Rice	Fishfingers or Salmon Fishcake with Chips & Tomato Sauce
Option two	THE PASTA KITCHEN	Vegetable Fajitas with Rice	Veggie Sausages, Roast Potatoes & Gravy	Macaroni Cheese	BBQ Quorn Fillet with Chips
Side of the day (for all options)	Peas Carrots	Mixed Salad & Coleslaw	Mixed Vegetables	Carrots Green Beans	Peas Beans
Dessert	Iced Sponge	NEW Chocolate Orange Cookie	Fruit Medley	Sticky Toffee Apple Crumble with Custard	NEW Melting Moment Biscuit

MENU KEY

Added Plant Power Wholemeal Vegan Chef's Special

Available Daily:

* Freshly Cooked Jacket Potatoes with either cheese, bean or tuna-mayo. All served with salad.

* Freshly baked bread and salad selection also available for all meals

* a choice of Yoghurt & Fresh Fruit available daily

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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We are excited to share with you, the new menu for **Autum / Winter 23/24** (attached the full-size menu).

Due to rising food costs, and in agreement with Brighter Futures for Children, the meal price will increase from £2.21 to the new price of **£2.41**.

This menu will go live after the October half term and is packed with old favourites along with some new dishes.

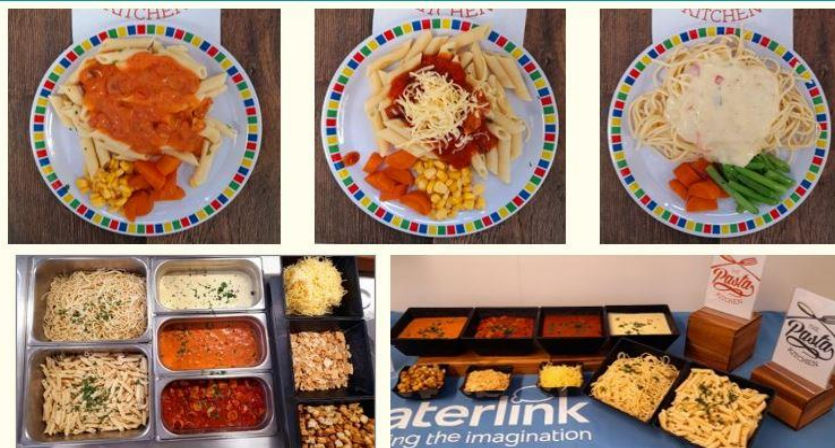
We have a new pasta concept 'The Pasta Kitchen', along with the return of the very popular but renamed 'Chicken Shack'.



The Pasta Kitchen

On the back of the great success of the build-a-burger concept (which is also back on this menu due to its popularity), this is a variation to the Mac'N'Cheese station that is on the current menu. We have opened it up to some more classic Italian pasta dishes rather than just

Mac'N'Cheese. With a selection of sauces from Herby Tomato through to Creamy & Cheesy, along with a selection of toppings like crispy onions, croutons and of course the good old classic cheese. Children will be able to create their perfect pasta dish.



Information



ParentPay

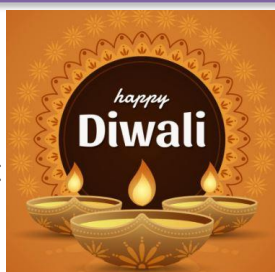
ParentPay / Online bookings issues

Since the return of school in September, we have experienced issues with the online booking and payment system provided by our supplier, ParentPay. We appreciate this has caused issues for parents, schools and our teams in the kitchens and have worked with ParentPay to resolve the issues we faced as quickly as possible.

We have been advised by ParentPay both the issue with booking meals and payments has now been resolved and updates have been communicated to you by ParentPay via the booking system, however if you are still experiencing any issues, please contact the helpline at ParentPay on Parent-support@parentpay.com

Happy Diwali

We will be celebrating Diwali (slightly early) on Tuesday 7th November with our first theme day menu of the year. The Diwali theme day menu



is attached and is also live and ready to be ordered on your ParentPay app now.



WHY CHOOSE A CATERLINK SCHOOL MEAL?

95%
of our meals are made **FRESH** on site daily

All of our menus are compliant to the **SILVER STANDARD** as a minimum

Our meals are **NUTRITIOUS & BALANCED** and include a portion of protein, a portion of carbohydrates and two portions of vegetables

Our nutrition team ensure all menus meet the **SCHOOL FOOD STANDARDS** for dishes and portion sizes

We offer a **SALAD BAR & FRESHLY BAKED BREAD** for children to help themselves to

We have increased our range of **SUSTAINABLE OPTIONS** including our Added Plant Power dishes, our vegan dishes and through encouraging meat free days on menus

Our **DESSERTS** not only contain important nutrients such as calcium and zinc but are also in line with guidance on sugars. Fresh fruit and yoghurt are also offered daily

All of our **PORTION SIZES** are compliant, ensuring that we are not offering children too much or too little food for their **ENERGY** requirements.

QUALITY INGREDIENTS such as MSC fish, red tractor meat

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Portion sizes – this is always emotive, and it is important to remember that what we eat at home is not always what we need to eat. We follow the School Food Standards and recommended portion sizes 'School food standards practical guide - GOV.UK (www.gov.uk)' and 'Portion sizes and food groups - GOV.UK (www.gov.uk)' We have also put together a pictorial portion size chart for our sites which assists in the whole plate approach, identifying requirements for KS1 and KS2, KS3 is in production. We also have salad bars and homemade bread available with most main meal choices up to KS2

Value for Money – In our Secondary school we try to keep prices competitive, and where possible lower than the high street. We are working in challenging times with food inflation at an all-time high, however we will not let this affect our quality. Our Nursery and Primary meal price provides a 2-course lunch for in most cases less than a High Street coffee and our meal deals within our Secondary school are lower than our High Street competitors

