



HAT'S FOR LUNCH THIS AUTUMN...



DISCOVERY DAYS AVAILABLE THIS TERM



Available at participating schools only.

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! *JoJo Grow*, 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.

In Partnership with:



Please visit this website for current updates

www.mycaterlink.co.uk/lbi

ISLINGTON



FRESH + HEALTHY = TASTY

Is your child entitled to a free school meal?

If your child is in KS1 or KS2 they will be entitled to a free school meal in Islington, for more information and to find out how to register speak to your child's school.

AVAILABLE EVERY DAY...

Jacket Potatoes
freshly cooked daily where advertised with a choice of fillings
Bread
freshly baked on site daily
Daily salad selection
there will be a selection of salad items available daily
Fresh Fruit & 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.

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

If you or your child have a food allergy or intolerance, please ask a member of our catering team for information. If you are a parent or guardian and 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.

Forms available through our website or via the school.

ONE

31st Aug, 21st Sept, 12th Oct, 9th Nov, 30th Nov

Chicken & Broccoli Wholemeal Pasta Bake
Vegetable Bangers & Mash
Carrot & Courgettes
Fruit Crumble with Custard
Yoghurt / Fresh Fruit Platter

Organic Cottage Pie
Mixed Bean Casserole with Couscous
Cauliflower & Green Beans
Rice Pudding with Mixed Berries
Yoghurt / Fresh Fruit Platter

Roast (as advertised) with Roast Potatoes & Gravy
Mushroom & Lentil Bake
Savory Cabbage & Swede
Fruit jelly
Yoghurt / Fresh Fruit Platter

Organic Chicken in Black Bean Sauce with Rice
Pea, Tomato & Spinach Quiche with New Potatoes
Sweetcorn & Peppers
Carrot Cake
Yoghurt / Fresh Fruit Platter

Junbo Fish Fingers or Baked Fish with Chipped Potatoes
Vegetable Enchiladas
Baked Beans & Garden Peas
Apple Pie & Custard
Yoghurt / Fresh Fruit Platter

TWO

7th Sept, 28th Sept, 19th Oct, 18th Nov, 7th Dec

Chicken Jalfrezi with Rice
Vegetable Lasagne with Salad
Broccoli & Carrots
Paach Crumble with Custard
Yoghurt / Fresh Fruit Platter

Salmon Wholemeal Pasta Bake
Chicpea & Vegetable Hotpot
Green Beans & Sweetcorn
Wholemeal Banana Sponge
Yoghurt / Fresh Fruit Platter

Roast (as advertised) with New Potatoes & Gravy
Mixed Vegetable Loaf with Roast Potatoes
Swede & Carrots
Fruit Trifle
Yoghurt / Fresh Fruit Platter

Organic Beef Tortilla Stack with Rice
Sweet & Sour Quorn with Noodles
Savory Cabbage & Courgettes
Pineapple Upside Down Cake
Yoghurt / Fresh Fruit Platter

Battered Fish or Poached Fish with Chipped Potatoes
Cheese & Leek Pan with Chipped Potatoes
Baked Beans & Garden Peas
Apple & Cherry Cobbler with Custard
Yoghurt / Fresh Fruit Platter

THREE

14th Sept, 5th Oct, 2nd Nov, 23rd Nov, 14th Dec

Sweet & Sour Turkey with Noodles
Red Pepper Fritata with New Potatoes
Sweetcorn & Mixed Peppers
Apple Crumble with Custard
Yoghurt / Fresh Fruit Platter

Organic Beef & Vegetable Hotpot
Vegetable Wholemeal Pasta Medley
Green Beans & Glazed Carrots
Fruit Smoothie
Yoghurt / Fresh Fruit Platter

Roast (as advertised) with Roast Potatoes & Gravy
Creamy Vegetable & Lentil Pie
Savory Cabbage & Swede
Chocolate & Date Rock Cake and Custard
Yoghurt / Fresh Fruit Platter

Organic Chicken Jollof
Vegetable Moussaka
Broccoli & Cauliflower
Eve's Pudding with Custard
Yoghurt / Fresh Fruit Platter

Breaded Fish or Mediterranean Fish with Chipped Potatoes
Cheese & Tomato Pizza
Garden Peas & Baked Beans
Fruit Muffin
Yoghurt / Fresh Fruit Platter