

Hello
WE'RE CATERLINK

SURREY SCHOOLS MENU BOOKLET SUMMER 2026

caterlink
feeding the imagination



July 2025

Dear Parents and Guardians,

We are delighted to introduce **Caterlink**, your school's

Caterlink is a specialist caterer in the education sector, proudly serving primary, secondary, academy, and college communities across the UK. Our mission is simple: to provide fresh, nutritious, and delicious meals that support the health and wellbeing of every student.

Who We Are

Caterlink is passionate about food and committed to excellence. We focus solely on catering, which means we understand the unique needs of schools and student communities. We are proud to use ingredients with assured provenance, including:

- Red Tractor-certified meat
- RSPCA Assured free-range eggs
- Marine Stewardship Council (MSC) approved fish
- Fairtrade products

What We Do

Our approach goes beyond the plate. We:

- Promote **healthy eating habits** and balanced diets.
- Deliver **cooking classes** and food education to inspire young minds.
- Support **sustainability** through ethical sourcing and waste reduction.
- Invest in our people, ensuring our catering teams are trained, passionate, and part of the school community.

We believe that lunchtime should be a highlight of the school day—a time to relax, enjoy great food in a welcoming environment.

WELCOME

OUR PRIMARY SCHOOL APPROACH TO SAFE ALLERGEN MANAGEMENT

At Caterlink the safety of our pupils is our number one priority, and we take catering for customers with food allergies and intolerances very seriously. The below information details step by step our process, and the information required to enable us to produce a special diet menu for those with allergies & intolerance.

STEP 1

You can request a special diet menu by completing and returning the our Allergy & Intolerance Form which can be found on our web site <https://caterlinktd.co.uk/school/caterlink-primary-division/>, along with supporting medical evidence from an NHS professional (a GP/consultant or registered dietitian). This can be a letter, copy of medical notes, an Allergy Action Plan signed by a medical professional or a screenshot from the NHS app. Medical evidence is an industry-wide requirement, recommended by the Lead Association for Catering in Education (LACA).

Until this information has been provided and a medical diet produced, any children with food allergies or intolerances will be provided with a jacket potato with baked beans, vegetables and fresh fruit salad, as long as the allergy does not include any of these foods.

STEP 2

The Caterlink team will then assess the risk for each request, using the LACA Special Diet Risk Analysis Process for Caterers where required. The risk analysis looks at the pupil's requirements, the capability of the kitchen facilities and the school environment to determine if the request is low, medium or high risk.

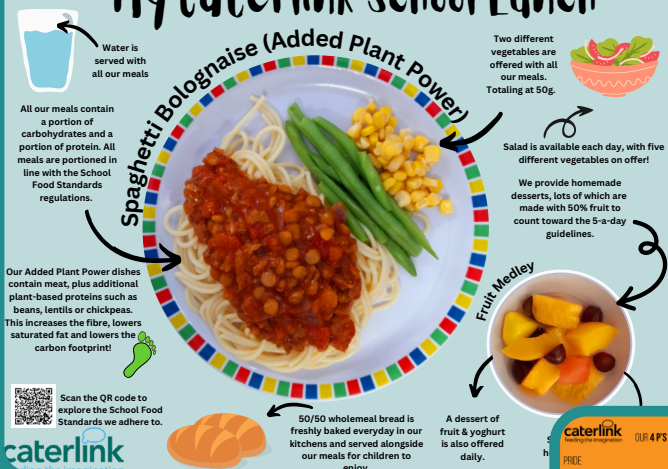
In the majority of cases the risk level is low or medium, and we are likely to be able to provide a special diet menu. If the risk level is high, we may be unable to provide a meal, and we will discuss this with you as soon as possible.

STEP 3

Our Caterlink nutrition team will then develop the special diet menu, with at least one suitable meal option daily. This can take up to four weeks from receiving the Allergy & Intolerance form and supporting medical evidence. The school will be notified once the special diet menu is ready.

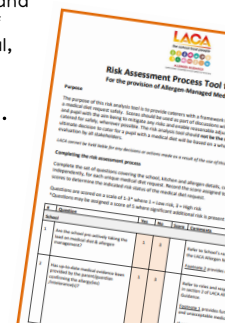


My Caterlink School Lunch



What about you?

Tell us what **quality** means to you!





Over 75% of our meals are cooked from scratch on site by our kitchen teams



We use red tractor certified meat



Our fruit and veg is locally supplied

We use Fairtrade cocoa powder

All contain a portion of carbohydrates and a portion of protein

Many of our dishes contain hidden wholegrains to increase fibre

salads are available daily, with freshly baked 50/50 bread



Scan our QR code to find out more!

Our Caterlink Lunches



Our menu features MSC certified sustainable fish



We use eggs from free range chickens



We use RSPCA Assured poultry

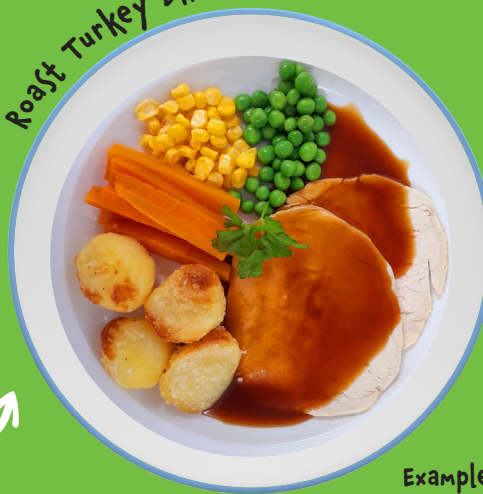
We serve fresh drinking water with every meal



SPRING SUMMER MENU 2026						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Option One	Macaroni Cheese	Phat Pasty Pork Sausage Roll with Potato Wedges	Roast Chicken, Stuffing, Roast Potatoes & Gravy	Spaghetti Bolognese	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
	Option Two	Chickpea Curry with Rice	Mild Mexican Chili with Rice	Roasted Quorn, Roast Potatoes & Gravy	Smokey Bean Burger with Wedges & Tomato Sauce	Cheese & Bean Pasty with Chips & Tomato Sauce
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
WEEK TWO	Dessert	NEW Banana Mousse	Orange Drizzle Cake	Fruit Platter	Apple Flapjack	Strawberry Jelly with Mandarins
	Option One	Cheese & Tomato Pizza with Summer Mixed Salad	Beef Chili with Rice & Sweetcorn & Cucumber Salsa	Roasted Pork or Chicken Sausage, Roast Potatoes & Gravy	Greek Chicken Pitta with Herby Rice, Tzatziki & Salad	Battered Fish with Chips & Tomato Sauce
	Option Two	Lentil & Sweet Potato Curry with Rice	Spaghetti & Meatballs in a Tomato Sauce	Veg Wellington, Roast Potatoes & Gravy	Greek Spinach & Cheese Whirl with Herby Rice, Tzatziki & Salad	NEW Cheesy Broccoli Frittata with Chips
WEEK THREE	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
	Dessert	Iced Vanilla Sponge	Peaches & Ice Cream	Freshly Chopped Fruit Salad	Jam & Coconut Sponge with Custard	Oaty Cookie
	Option One	Tomato Pasta	Beef Burger with Potato Wedges & Rainbow Slaw	Roast of the Day, Mashed Potatoes & Gravy	Chef Shilpa's Chicken Korma with Rice	Fishfingers with Chips & Tomato Sauce
	Option Two	NEW Chinese Vegetable Noodles	Mexican Bean Roll with New Potatoes & Rainbow Slaw	Vegetable Loaf with Stuffing, Mashed Potatoes & Gravy	All Day Vegetarian Breakfast	Cowboy Sausage and Bean Hotpot
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
	Dessert	Pineapple Upside Down Cake	Cheese & Crackers	Fruit Medley	Strawberry & Apple Crumble with Custard	Vanilla Shortbread
AVAILABLE DAILY: Jacket Potatoes with a choice of fillings, Salad Bar, Freshly Baked Bread, Fresh Fruit, Yoghurt						
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 allergen cross contact.						



Roast Turkey Dinner



Fresh Fruit is available alongside our dessert of the day

Apple sponge & Custard



Example lunch & dessert

Allergy statement

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.



SPRING SUMMER MENU 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU KEY:
WEEK ONE	Option One	Macaroni Cheese	 Phat Pasty Pork Sausage Roll with Potato Wedges	Roast Chicken, Stuffing, Roast Potatoes & Gravy	 Spaghetti Bolognaise	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce	 Whole grain
	Option Two	 Chickpea Curry with Rice 	 Mild Mexican Chilli with Rice 	 Roasted Quorn, Roast Potatoes, & Gravy	 Smokey Bean Burger with Wedges & Tomato Sauce	Cheese & Bean Pasty with Chips & Tomato Sauce	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
	Dessert	NEW Banana Mousse	Orange Drizzle Cake	 Fruit Platter	 Apple Flapjack 	 Strawberry Jelly with Mandarins	
WEEK TWO	Option One	Cheese & Tomato Pizza  with Summer Mixed Salad	 Beef Chilli with Rice & Sweetcorn & Cucumber Salsa 	Roasted Pork or Chicken Sausage, Roast Potatoes & Gravy	Greek Chicken Pitta with Herby Rice, Tzatziki & Salad	Battered Fish with Chips & Tomato Sauce	 Plant based
	Option Two	 Lentil & Sweet Potato Curry with Rice 	 Spaghetti & Meatballs in a Tomato Sauce	 Veg Wellington, Roast Potatoes & Gravy	Greek Spinach & Cheese Whirl with Herby Rice, Tzatziki & Salad	NEW Cheesy Broccoli Frittata with Chips	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
	Dessert	Iced Vanilla Sponge	Peaches & Ice Cream	 Freshly Chopped Fruit Salad	Jam & Coconut Sponge with Custard	 Oaty Cookie 	
WEEK THREE	Option One	 Tomato Pasta	 Beef Burger with Potato Wedges & Rainbow Slaw	Roast of the Day, Mashed Potatoes & Gravy	 Chef Shilpa's Chicken Korma with Rice 	Fishfingers with Chips & Tomato Sauce	 Added plant protein
	Option Two	NEW Chinese Vegetable Noodles	 Mexican Bean Roll with New Potatoes & Rainbow Slaw	 Vegetable Loaf with Stuffing, Mashed Potatoes & Gravy	All Day Vegetarian Breakfast	Cowboy Sausage and  Bean Hotpot	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
	Dessert	Pineapple Upside Down Cake	Cheese & Crackers	 Fruit Medley	Strawberry and Apple Crumble with Custard 	 Vanilla Shortbread	
AVAILABLE DAILY:		Jacket Potatoes with a choice of fillings, Salad Bar, Freshly Baked Bread, Fresh Fruit, Yoghurt					 Chef's Special

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 allergen cross contact.

Menu Information: Spring Summer 2026

Food for Life Served here (FFLSH) is an independent accreditation which we have been awarded year-on-year since 2009, and our Silver award shows our food is fresh, local, sustainable and ethical. To gain accreditation you must get points from the FFLSH standards, meaning local meat is Red Tractor assured, eggs are free range, and we only serve sustainably sourced fish, such as MSC. The standards also demonstrate our menus use less ultra-processed foods and no unwanted additives or sweeteners, focusing more on fresh and homemade dishes that our customers will enjoy. Read more about the FFLS award here - [Food for Life Served Here - Food for Life](#)

Our recipes all meet the School Food Standard portion sizes, meaning pupils are getting the right requirements for their age. We provide visual portion size training resources for our kitchen teams. We also offer unlimited vegetables, salads and bread for any pupils who may need a bit extra food that day!

School Food Standards

All of our menus meet the School Food Standards, meaning our menus are balanced, nutritious and contain lots of healthy foods! Read more about the School Food Standards here - [Homepage - School Food Plan](#)

The average daily free sugar content of this menu is 4.2g, well under the government recommendation of 6.5g!

As per the School Food Standards we do not add salt to any of our meals. We also work with suppliers to ensure we are working together to meet the government's salt reduction targets.

We do not serve any chocolate or confectionary within our school meals, as per the School Food Standards. Our 'chocolate' desserts contain only cocoa powder.

Menu Key			
Freshly made on site		At least 50% of the dessert is fruit	
Seasonal		Red Tractor Assured British Meat	
Added Plant Protein (50% of the protein comes from plant sources)		MSC Certified Sustainable Seafood	
Vegan dish		A source of wholemeal carbohydrates	
Meets government sugar recommendations for a school lunch (6.5g free sugar or less)			

caterlink
feeding the imagination

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Macaroni Cheese Homemade Classic Macaroni Cheese, made with Cheddar Cheese 	Phat Pasty Pork Sausage Roll with Potato Wedges Red Tractor Accredited Pork and Plant-Based Protein Mince in Pastry Served with Home Baked Potato Wedges 	Roast Chicken, Stuffing, Roast Potatoes and Gravy Red Tractor Accredited Chicken served with Stuffing, Homemade Roasted Potatoes and Gravy 	Spaghetti Bolognese Red Tractor Assured Beef Mince and Brown Lentil Bolognese Sauce Served with Spaghetti 	Fish Fingers or Salmon Fish Fingers, Chips and Tomato Sauce Oven Baked Youngs MSC Accredited Pollock Fishfingers with Oven Baked Chips & Tomato Ketchup
Chickpea Curry with Rice A Mild Creamy Coconut Curry with Chickpeas Served with 50/50 Wholemeal Rice 	Mild Mexican Chili with Rice Vegan Soya Mince in a Mild Smoked Paprika Homemade Tomato Sauce with Kidney Beans, with 50/50 Wholemeal Rice 	Roast Quorn, Stuffing, Roast Potatoes and Gravy Vegan Quorn Fillet served with Stuffing, Homemade Roasted Potatoes and Vegan Gravy 	Smokey Bean Burger with Wedges and Tomato Sauce Homemade Bean Burger with Leek, Sweet Potato and Mixed Beans (Chickpeas, Kidney Beans, Borlotti Beans, Cannellini Beans and Butterbeans) served with Homemade Potato Wedges 	Cheese & Bean Pasty with Chips and Tomato Sauce Homemade Cheddar Cheese and Reduced Sugar & Salt Baked Bean Pasty Served with Oven Baked Chips & Tomato Ketchup
Each day we serve a choice of two vegetables such as carrots, broccoli, cauliflower, sweetcorn, peas, baked beans, green beans, cabbage, peppers. We also serve a daily salad selection for pupils to help themselves to.				
Banana Mousse Freshly Made Wibble Reduced Sugar Banana Mousse, Specially Produced for School Menus 	Orange Drizzle Cake Homemade Sponge Cake with Chickpeas Served with 50/50 Orange Zest and a Drizzle of Orange Icing 	Fruit Platter A selection of Apple, Orange, Melon and Pineapple 	Apple Flapjack Homemade Apple Flapjack with Golden Syrup 	Strawberry Jelly with Mandarins Strawberry Jelly served with Mandarins

caterlink
feeding the imagination

MENU INFORMATION FOR PARENTS & CARERS

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese and Tomato Pizza with Summer Mixed Salad Homemade 50/50 Wholemeal Base topped with Cheddar Cheese and a Homemade Tomato Sauce (Chopped Tomatoes, Tomato Puree and Herbs) Served with Summer Salad 	Beef Chilli with Rice & Salsa Red Tractor Accredited Beef Mince and Kidney Bean Chilli served with 50/50 Wholemeal Rice and a Tangy Sweetcorn, Cucumber, Pineapple, Red Onion) 	Pork or Chicken Sausage, Roast Potatoes and Gravy Red Tractor Accredited Pork or Chicken Sausages served with Homemade Roasted Potatoes and Gravy 	Greek Chicken Pitta with Herby Rice, Tzatziki and Salad Red Tractor Accredited Diced Chicken Marinated in Paprika, Lemon, Herbs and Garlic and Served with Homemade Tzatziki, Pitta Bread and Turmeric & Lemon Rice 	Battered Fish, Chips and Tomato Sauce Oven Baked MSC Accredited Battered Pollock Fillets with Oven Baked Chips & Tomato Ketchup
Lentil & Sweet Potato Curry with 50/50 Rice Homemade Mild Tomato Based Lentil Curry with Sweet Potato served with 50/50 Wholemeal Rice 	Spaghetti & Meatballs in a Tomato Sauce Forest Green Kitchen Plant Balls in a Herby Tomato Sauce with Spaghetti Pasta 	Vegetarian Wellington, Roast Potatoes & Gravy Homemade Wellington with Brown Lentils, Aubergine & Potato Wrapped in Vegan Pastry Served With Roast Potatoes and Vegan Gravy 	Cheese Whirl with Herby Rice, Tzatziki and Salad Homemade Pastry Whirl, filled with Sweet Potato, Onion, Aubergine, Spinach & Cheese, Served with Homemade Tzatziki, and Turmeric & Lemon Rice 	NEW Cheesy Broccoli Frittata with Chips Homemade Baked Cheddar Cheese and Broccoli Frittata with Oven Baked Chips and Tomato Ketchup
Each day we serve a choice of two vegetables such as carrots, broccoli, cauliflower, sweetcorn, peas, baked beans, green beans, cabbage, peppers. We also serve a daily salad selection for pupils to help themselves to.				
Iced Vanilla Sponge Homemade Vanilla Sponge Cake with a Drizzle of Icing on Top 	Peaches and Ice Cream Tinned Peach Slices in Juice with Vanilla Ice Cream 	Freshly Chopped Fruit Salad A selection of Apple, Orange, Melon, Mandarin and Pear 	Jam & Coconut Sponge with Custard Homemade Vanilla Sponge Cake with a Jam & Coconut Flake Topping Served with Custard 	Oaty Cookie An Oaty Cookie made from Oats, Wholemeal Flour and Self-Raising Flour

caterlink
feeding the imagination

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato Pasta Pasta Shells with a Homemade Herby Vegetable Tomato Sauce (Lentils, Sweet Potato & Tomato) 	Beef Burger with Potato Wedges and Rainbow Slaw Red Tractor Accredited Beef & Bean Burger served with Home Baked Potato Wedges and Rainbow Slaw (Red Cabbage, White Cabbage, Carrots, Onions) 	Roast of the Day, Mashed Potato and Gravy Red Tractor Accredited Chicken, Beef, Turkey or Pork Served with Homemade Mashed Potato and Gravy 	Chef Shilpa's Chicken Korma with Rice Red Tractor Accredited Chicken in a Mild and Creamy, Authentic Korma Sauce served with 50/50 Wholemeal Rice 	Fishfingers, Chips and Tomato Sauce Oven Baked Youngs MSC Accredited Pollock Fishfingers with Oven Baked Chips & Tomato Ketchup
NEW Chinese Vegetable Noodles Egg Noodles served with Stir-Fried Vegetables (Carrots, Red Onion, Mixed Peppers, Courgette, Broccoli and Beans) in a Homemade Soy & Garlic Sauce 	Mexican Bean Roll with Potato Wedges & Rainbow Slaw Phat Pasty Mexican Roll in Pastry served with Home Baked Potato Wedges and Rainbow Slaw (Red Cabbage, White Cabbage, Carrots, Onions) 	Vegetable Loaf with Mashed Potato and Gravy Homemade Vegetable Soya Loaf (Lentils, Soya Mince, Onion, Courgette, Carrot) Served with Homemade Mashed Potato and Vegan Gravy 	All Day Vegetarian Breakfast Forest Green Kitchen Vegan Pea Protein Sausage Served with a Slice of Omelette, Baked Beans and Mini Hash Browns 	Cowboy Sausage and Bean Hotpot Forest Green Kitchen Plant Sausages in a Tomato and Baked Bean Sauce Topped with Sliced
Each day we serve a choice of two vegetables such as carrots, broccoli, cauliflower, sweetcorn, peas, baked beans, green beans, cabbage, peppers. We also serve a daily salad selection for pupils to help themselves to.				
Pineapple Upside Down Cake Homemade Vanilla Sponge Cake with a Base Layer of Pineapple Pieces 	Cheese and Crackers Cheddar Cheese Wedge with Cream Crackers 	Fruit Medley A selection of Pineapple, Mandarin, Peach, Apple and Orange 	Strawberry and Apple Crumble with Custard Homemade Strawberry & Apple Crumble with an Oaty Topping, Served with Custard 	Vanilla Shortbread Homemade Vanilla Flavoured Shortbread

caterlink
feeding the imagination

Why choose a Caterlink School Meal

Sign-up today!

Please speak to reception.

We have won a number of awards for using **honest, local produce** and pride ourselves on making **fresh** and **nutritionally balanced** meals.



Behind **every meal** is a team of dedicated **chefs** and **nutritionists**.
Did you know? Most of our meals are made completely from scratch in-house!



Our **desserts** are **handmade** in house.

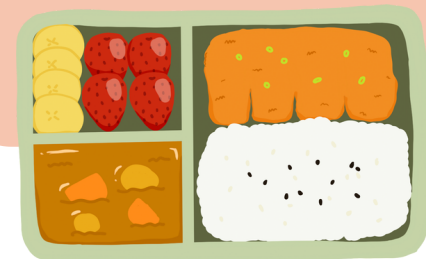


On average, our meals contain **37% less free sugars** than the government recommendations for school meals.

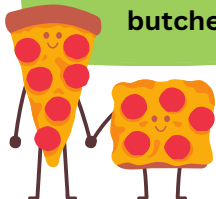


Per meal, we provide:

- 1 portion of protein
- 1 portion of carbohydrates
- 2 portions of vegetables
- A choice of salad available daily
- Freshly baked bread
- One homemade dessert



Our **pizzas** are **homemade** and made using **50/50 wholemeal flour** for extra added **fibre!** And our **meat products** are **freshly** delivered from our **local butchers**.



We **don't** add any **salt** to any of our meals!

We often have **Meat Free Mondays** to support **sustainable eating**. We also have recipes with **Added Plant Power** identified by this logo



Many of our desserts contain hidden **wholegrains** and are **sweetened with fruit** so they count toward **one of your child's 5-a-day!**

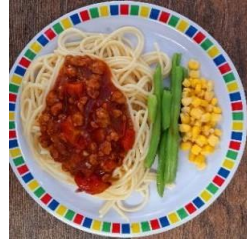


We ensure the menu adheres to the **School Food Standards**. That means your child is getting a **well balanced** and **nutritious** meal through out their school day.



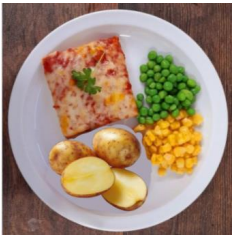
caterlink
feeding the imagination

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Macaroni Cheese 	Phat Pasty Pork Sausage Roll with Potato Wedges 	Roast Chicken, Stuffing, Roast Potatoes & Gravy 	Spaghetti Bolognese 	Fish Fingers or Salmon Fish Fingers with Chips & Ketchup 
OPTION 2	Coconut Curry and Rice 	Mild Mexican Chilli with Rice 	Roast Quorn, Roast Potatoes & Gravy 	Smokey Bean Burger with Wedges & Tomato Sauce 	Cheese & Bean Pasty with Chips & Tomato Ketchup 
DESSERT	Banana Mousse 	Orange Drizzle Cake 	Fruit Platter 	Apple Flapjack 	Jelly with Mandarins 

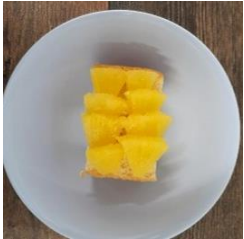
*VEGETABLES AND SIDES MAY DIFFER THAN THOSE SHOWN

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Summer Pizza with Mixed Summer Salad 	Beef Chilli with Rice & Sweetcorn & Cucumber Salsa 	Roast Pork or Chicken Sausage, Roast Potatoes & Gravy 	Greek Chicken Pitta with Herby Rice & Tzatziki 	Battered Fish with Chips & Tomato Ketchup 
OPTION 2	Lentil and Sweet Potato Curry with Rice 	Spaghetti & Meatballs in a Tomato Sauce 	Vegetarian Wellington, Roast Potatoes & Gravy 	Spinach & Cheese Whirl with Herby Rice & Tzatziki 	Cheesy Broccoli Frittata with Chips & Tomato Ketchup 
DESSERT	Iced Vanilla Sponge 	Peaches & Ice Cream 	Freshly Chopped Fruit Salad 	Jam & Coconut Sponge with Custard 	Oaty Cookie 

*VEGETABLES AND SIDES MAY DIFFER THAN THOSE SHOWN

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Tomato Pasta 	Beef Burger with Potato Wedges & Rainbow Slaw 	Roast of the Day, Mashed Potatoes & Gravy 	Chef Shilpa's Chicken Korma with Rice 	Fish Fingers with Chips & Tomato Ketchup 
OPTION 2	Aubergine & Potato Curry with Rice 	Mexican Bean Roll with New Potatoes & Rainbow Slaw 	Vegetable Loaf, Mashed Potatoes & Gravy 	All Day Vegetarian Breakfast 	Cowboy Sausage and Bean Hotpot 
DESSERT	Pineapple Upside Down Cake 	Cheese & Crackers 	Fruit Medley 	Strawberry & Apple Crumble with Custard 	Vanilla Shortbread 

***VEGETABLES AND SIDES MAY DIFFER THAN THOSE SHOWN**



Parent & Pupil Cooking Class - Katesgrove School



Aylwood Primary Smoothie session Harrow consortium



ADDED VALUE



Lots of Eat them to Defeat them displays across Merton Schools



Added Value Rainbow Pizza Session in Brighton

Pasta Making at The Mill with Chef Sam



It was great to have the opportunity to work with Sam and Caterlink to make fresh pasta.

We had 21 children in KS2, so ages ranging from 7 to 11 years old. They really enjoyed the experience and 3 of them had never cracked an egg before, so the experience was new for them.

The children are all Eco heroes, and we enjoyed talking about what to do with leftover food, how to reduce waste and the origins of pasta.

SPRING SUMMER MENU 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU KEY:
WEEK ONE	Option One	Macaroni Cheese	 Phat Pasty Pork Sausage Roll with Potato Wedges	Roast Chicken, Stuffing, Roast Potatoes & Gravy	 Spaghetti Bolognaise	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce	 Whole grain  Plant based  Added plant protein  Chef's Special  Lower Carbon Footprint
	Option Two	 Chickpea Curry with Rice  	 Mild Mexican Chilli with Rice  	 Roasted Quorn, Roast Potatoes, & Gravy 	 Smokey Bean Burger with Wedges & Tomato Sauce 	 Cheese & Bean Pasty with Chips & Tomato Sauce	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
	Dessert	NEW Banana Mousse	Orange Drizzle Cake	 Fruit Platter	 Apple Flapjack 	 Strawberry Jelly with Mandarins	
WEEK TWO	Option One	Cheese & Tomato Pizza  with Summer Mixed Salad	 Beef Chilli with Rice & Sweetcorn & Cucumber Salsa 	Roasted Pork or Chicken Sausage, Roast Potatoes & Gravy	Greek Chicken Pitta with Herby Rice, Tzatziki & Salad	Battered Fish with Chips & Tomato Sauce	
	Option Two	 Lentil & Sweet Potato Curry with Rice  	 Spaghetti & Meatballs in a Tomato Sauce 	 Veg Wellington, Roast Potatoes & Gravy 	 Greek Spinach & Cheese Whirl with Herby Rice, Tzatziki & Salad	 NEW Cheesy Broccoli Frittata with Chips	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
	Dessert	Iced Vanilla Sponge	Peaches & Ice Cream	 Freshly Chopped Fruit Salad	Jam & Coconut Sponge with Custard	 Oaty Cookie 	
WEEK THREE	Option One	 Tomato Pasta	 Beef Burger with Potato Wedges & Rainbow Slaw	Roast of the Day, Mashed Potatoes & Gravy	 Chef Shilpa's Chicken Korma with Rice 	Fishfingers with Chips & Tomato Sauce	
	Option Two	NEW  Chinese Vegetable Noodles	 Mexican Bean Roll with New Potatoes & Rainbow Slaw	 Vegetable Loaf with Stuffing, Mashed Potatoes & Gravy	 All Day Vegetarian Breakfast	 Cowboy Sausage and Bean Hotpot 	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
	Dessert	Pineapple Upside Down Cake	Cheese & Crackers	 Fruit Medley	Strawberry and Apple Crumble with Custard 	 Vanilla Shortbread	

CARBON FOOTPRINT VERSION OF THE MENU

If your child has a school lunch and has a food allergy or intolerance, please inform the school. Due to the 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 allergen cross contact.

Spring / Summer
2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

13/04/26
04/05/26
25/05/26
15/06/26
06/07/26
31/08/26
21/09/26
12/10/26

Option One

Macaroni
Cheese

Pork Hot Dog with Potato Wedges

Roast Chicken, Stuffing, Roast
Potatoes & Gravy

 Spaghetti
Beef Bolognese

Fishfingers or Salmon Fishfingers
with Chips & Tomato Ketchup

Option Two

 Chickpea Curry
with Rice 

 Chef Mariam's Vegetarian
Couscous 

 Roasted Quorn,
Roast Potatoes, & Gravy

 Plant Burger with wedges

Cheese & Bean Pasty
with Chips & Tomato Ketchup

Option Three

Baked Potato with a Selection of
Fillings

Baked Potato with a Selection of
Fillings

Baked Potato with a Selection of
Fillings

Baked Potato with a Selection of
Fillings

Baked Potato with a Selection of
Fillings

Vegetables

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Dessert

Banana Mousse

Orange Drizzle Cake

 Fruit Platter

 Apple Flapjack 

 Strawberry Jelly
with Mandarins

WEEK TWO

20/04/26
11/05/26
01/06/26
22/06/26
13/07/26
07/09/26
28/09/26

Option One

 Cheese &
Tomato Pizza
with Summer Mixed Salad

Beef Meatballs with pasta &
Cucumber Salsa 

Roast Gammon, Roast
Potatoes & Gravy

Greek Chicken Pitta with Herby
Rice, Tzatziki
& Salad

Breaded Fish with Chips &
Tomato Ketchup

Option Two

 Summer Butterbean Vegetable
Risotto

Spaghetti & Plant balls in a
Tomato Sauce 

 Veg Wellington,
Roast Potatoes & Gravy

Greek Spinach & Cheese Whirl with
Herby Rice, Tzatziki & Salad

Cheesy Broccoli Frittata with
Chips

Option Three

Baked Potato with a Selection of
Fillings

Baked Potato with a Selection of
Fillings

Baked Potato with a Selection of
Fillings

Baked Potato with a Selection of
Fillings

Baked Potato with a Selection of
Fillings

Vegetables

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Dessert

Iced Vanilla Sponge

Peaches & Ice Cream

Freshly Chopped Fruit Salad

Jam & Coconut Sponge with
Custard

Oaty Cookie 

WEEK THREE

27/04/26
18/05/26
08/06/26
29/06/26
20/07/26
14/09/26
05/10/26

Option One

 Cheese &
Tomato Pizza
With Summer Mixed Salad

Beef Burger with Wedges &
Rainbow Slaw

Roast Chicken, Roast Potatoes
& Gravy

Peri-Peri Chicken with Rice

Fishfingers with Chips & Tomato
Ketchup

Option Two

Chinese Vegetable Noodle

Cheese and Tomato Pinwheel with
Wedges & Rainbow Slaw

 Vegan Sausages, Roast
Potatoes & Gravy

 Tomato Pasta 

Sweet Potato & Spinach Flan with
chips

Option Three

Baked Potato with a Selection of
Fillings

Baked Potato with a Selection of
Fillings

Baked Potato with a Selection of
Fillings

Baked Potato with a Selection of
Fillings

Baked Potato with a Selection of
Fillings

Vegetables

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Vegetables of the Day

Dessert

Pineapple Upside Down Cake

Cheese & Crackers

 Fruit Medley

Strawberry and Apple Crumble with
Custard 

 Vanilla Shortbread

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 daily- Daily salad selection

EXAMPLE 3 TIER MENU

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 allergen cross contact.

caterlink
feeding the imagination

Spring / Summer
2026

WEEK ONE

13/04/26
04/05/26
25/05/26
15/06/26
06/07/26
31/08/26
21/09/26
12/10/26

Option One

Macaroni
Cheese

Option Two



Chickpea Curry
with Rice



Option Three

Baked Potato with a Selection of
Fillings

Option Four

Ham or Cheese Baguette

Vegetables

Vegetables of the Day

Dessert

Banana Mousse

MONDAY

TUESDAY

Pork Hot Dog with Potato Wedges



Chef Mariam's Vegetable
Couscous



Baked Potato with a Selection of
Fillings

Ham or Cheese Baguette

Vegetables of the Day

Orange Drizzle Cake

WEDNESDAY

Roast Chicken, Stuffing, Roast
Potatoes & Gravy



Roasted Quorn,
Roast Potatoes, & Gravy

Baked Potato with a Selection of
Fillings

Ham or Cheese Baguette

Vegetables of the Day



Fruit Platter

THURSDAY

Spaghetti
Beef Bolognese



Plant Burger with wedges

Baked Potato with a Selection of
Fillings

Ham or Cheese Baguette

Vegetables of the Day



Apple Flapjack



FRIDAY

Fishfingers or Salmon Fishfingers
with Chips & Tomato Sauce

Cheese & Bean Pasty
with Chips & Tomato Sauce

Baked Potato with a Selection of
Fillings

Ham or Cheese Baguette

Vegetables of the Day



Strawberry Jelly
with Mandarins

WEEK TWO

20/04/26
11/05/26
01/06/26
22/06/26
13/07/26
07/09/26
28/09/26

Option One

Cheese &
Tomato Pizza
with Summer Mixed Salad



Option Two

Summer Butterbean Vegetable
Risotto



Option Three

Baked Potato with a Selection of
Fillings

Option Four

Ham or Cheese Baguette

Vegetables

Vegetables of the Day

Dessert

Iced Vanilla Sponge

Beef Meatballs with pasta &
Cucumber Salsa



Spaghetti & Plant balls in a
Tomato Sauce



Baked Potato with a Selection of
Fillings

Ham or Cheese Baguette

Vegetables of the Day

Peaches & Ice Cream

Roast Gammon, Roast
Potatoes & Gravy



Veg Wellington,
Roast Potatoes & Gravy

Baked Potato with a Selection of
Fillings

Ham or Cheese Baguette

Vegetables of the Day



Freshly Chopped Fruit Salad

Greek Chicken Pita with Herby
Rice, Tzatziki
& Salad

Greek Spinach & Cheese Whirl with
Herby Rice, Tzatziki & Salad

Baked Potato with a Selection of
Fillings

Ham or Cheese Baguette

Vegetables of the Day

Jam & Coconut Sponge with
Custard

Breaded Fish with Chips &
Tomato Sauce

Cheesy Broccoli Frittata with
Chips

Baked Potato with a Selection of
Fillings

Ham or Cheese Baguette

Vegetables of the Day



Oaty Cookie



WEEK THREE

27/04/26
18/05/26
08/06/26
29/06/26
20/07/26
14/09/26
05/10/26

Option One

Cheese &
Tomato Pizza
With Summer Mixed Salad



Option Two

Chinese Vegetable Noodles

Option Three

Baked Potato with a Selection of
Fillings

Option Four

Ham or Cheese Baguette

Vegetables

Vegetables of the Day

Dessert

Pineapple Upside Down Cake

Beef Burger with Wedges &
Rainbow Slaw

Cheese and Tomato Pinwheel with
Wedges & Rainbow Slaw

Baked Potato with a Selection of
Fillings

Ham or Cheese Baguette

Vegetables of the Day

Cheese & Crackers

Roast Chicken, Roast Potatoes
& Gravy



Vegan Sausages, Roast
Potatoes & Gravy

Baked Potato with a Selection of
Fillings

Ham or Cheese Baguette

Vegetables of the Day



Fruit Medley

Peri-Peri Chicken with Rice

Tomato Pasta



Baked Potato with a Selection of
Fillings

Ham or Cheese Baguette

Vegetables of the Day

Strawberry and Apple Crumble with
Custard



Fishfingers with Chips & Tomato
Sauce

Sweet Potato & Spinach Flan with
chips

Baked Potato with a Selection of
Fillings

Ham or Cheese Baguette

Vegetables of the Day



Vanilla Shortbread

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 daily- Daily salad selection – Fresh Fruit and Yoghurt

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 allergen cross contact.

EXAMPLE 4 TIER MENU

caterlink
feeding the imagination

SEN SPRING SUMMER MENU 2026

WEEK ONE	Option One	Macaroni Cheese	 Phat Pasty Pork Sausage Roll with Potato Wedges	Roast Chicken, Stuffing, Roast Potatoes & Gravy	 Spaghetti Bolognaise	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce	MENU KEY:  Whole grain  Plant based  Added plant protein
	Option Two	Chickpea Curry with Rice 	NEW SEN Vegetarian Chilli with Rice 	Roasted Quorn, Roast Potatoes, & Gravy 	Smokey Bean Burger with Wedges & Tomato Sauce 	Cheese & Bean Pasty with Chips & Tomato Sauce	
	Option Three	Plain Pasta with Tomato Sauce 	Jacket Potato with Baked Beans 	Roasted Chicken with Mashed Potatoes	Plain Spaghetti with Cheese	Vegan Sausage With Chips 	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
	Dessert	NEW Banana Mousse	Orange Drizzle Cake	Fruit Platter 	Apple Flapjack 	Strawberry Jelly with Mandarins 	
WEEK TWO	Option One	Cheese & Tomato Pizza with Potato Wedges	 Beef Chilli with Rice & Sweetcorn & Cucumber Salsa	Roasted Pork or Chicken Sausage, Roast Potatoes & Gravy	Greek Chicken Pitta with Herby Rice, Tzatziki & Salad	Battered Fish with Chips Tomato Sauce	 Plant based  Added plant protein
	Option Two	Lentil & Sweet Potato Curry With Rice 	Spaghetti & Meatballs in a Tomato Sauce 	Vegetable Wellington, Roast Potatoes & Gravy 	Greek Spinach & Cheese Whirl with Herby Rice, Tzatziki & Salad	NEW Cheesy Broccoli Frittata with Chips	
	Option Three	Plain Pasta with Tomato Sauce 	Plain Spaghetti with Cheese	Jacket Potato with Baked Beans 	Roasted Chicken with Rice	Vegan Sausage With Chips 	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
	Dessert	Iced Vanilla Sponge	Peaches & Ice Cream	Freshly Chopped Fruit Salad 	Jam & Coconut Sponge & Custard	Oaty Cookie 	
WEEK THREE	Option One	Tomato Pasta 	 Beef Burger with Potato Wedges & Rainbow Slaw	Roast of the Day, Mashed Potatoes & Gravy	Sticky Chicken with Rice	Fish Pie with Chips & Tomato Sauce	 Added plant protein (VE) Vegan (V) Veggie
	Option Two	Chinese Vegetables with Rice 	NEW SEN Mexican Omelette with Potato Wedges	Vegetable Loaf with Mashed Potatoes & Gravy 	All Day Vegetarian Breakfast	NEW SEN Hot Pot with Chips 	
	Option Three	Plain Pasta with Cheese	Plain Pasta with Tomato Sauce 	Roast of the Day with Potato Wedges	Plain Chicken with Rice	Vegan Sausages with Chips	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
	Dessert	Marble Sponge	Cheese & Crackers	Fruit Medley 	Strawberry and Apple Crumble with Custard 	Vanilla Shortbread 	
AVAILABLE DAILY: Jacket Potatoes with a choice of fillings , Salad Bar, Freshly Baked Bread, Fresh Fruit, Yoghurt							

Allerg

EXAMPLE SEN MENU

ce, please let the school know so that we can issue a safe special diet menu. You will be asked to the necessary information to cater for your child.

Rainbow Salad Making Classes



Allergen Survey

Results and Feedback

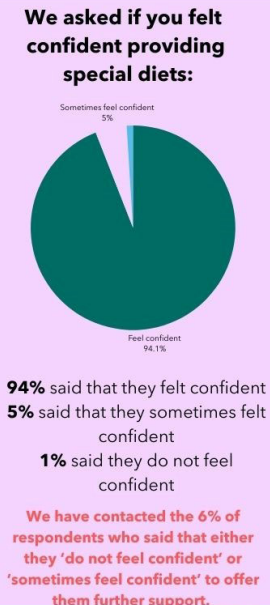
In the Summer term we sent out an allergen and special diet survey to gather insight and feedback from our kitchen managers - here is what you said, and what we did!



83% of the allergens we cater for come from our **top 9 types of food** - Milk, Eggs, Gluten, Nuts, Peanuts, Fish, Soya, Sesame and Crustaceans.



We cater for **129 different types of allergens** across the 613 schools who responded.



REMEMBER: ENSURE SAFE ALLERGEN MANAGEMENT IS A PRIORITY, AND IF EVER IN DOUBT DOUBLE CHECK BEFORE SERVING

IF YOU WANT TO DISCUSS ANY ALLERGEN CONCERNS, PLEASE CONTACT YOUR LINE MANAGER IN THE FIRST INSTANCE

caterlink
feeding the imagination

Food Allergy & Intolerance Form

By completing this form, you wish to inform the school that your child has a food allergy or intolerance or a food-related medical condition and wish to have a menu provided for your child to have a school lunch. This form is not to be used for lifestyle choices such as veganism or religious dietary requirements.

Caterlink work closely with their suppliers and aim to be as accurate as possible, but it must be noted that they can only be guided by the information the suppliers provide, like the process of a parent catering for a child's special diet. It is essential that all parties concerned work together when providing a safe special diet and that this is reviewed with every menu change, therefore please ensure this form is fully completed with clear and accurate information.

It is vital that all forms are accompanied with a referral letter from a medical professional (G.P/ consultant/dietician).

SECTION 1 - PUPILS DETAILS

Child's Name: *
Which year is your child currently in? *

Please add child's full name.

Is this a new form, or an updated one? *

☐ New ☒ Updated ☐ Already being catered for - no change in allergens.

Which food allergy or intolerance does your child have? Please select all that apply: *

☐ Peanut ☐ Milk ☐ Crustaceans
☐ Soybean ☐ Fish ☐ Celery
☐ Nuts ☐ Sesame Seeds ☐ Mustard
☐ Lupin ☐ Eggs ☐ Molluscs
☐ Chiam ☐ Sulphites ☐ Other

These do not include lifestyle or religious choices

Acceptable medical evidence attached - documentation from a professional medical source (e.g. a medical doctor, registered dietician, nurse or other qualified NHS medical professional).

☐ Yes ☐ No

SECTION 2 - REACTION/MEDICATION INFORMATION

What is this reaction to? *

Is your child's reaction to any of the above? *

☐ Yes ☐ No

SECTION 3 - SCHOOL DETAILS

Name of School *

Type the first few letters of the school name *

School Address *

Postcode *

Please check if your child has any other allergies or intolerances *

☐ Yes ☐ No

SECTION 4 - PARENT/GUARDIAN DETAILS

Main Contact Name: *

Relationship to Child: *

Main Contact Phone Number: *

Main Contact Email Address: *

SECTION 5 - ATTACHMENTS

Upload any evidence (from a medical source, e.g. GP, Dietician or Allergy Specialist, Child's documentation or NHS Recommendations) here *

Upload files here to upload

SECTION 6 - DATA PROTECTION

I consent to my child's information being shared with Caterlink for the purpose of providing safe and appropriate food options. I understand and agree that Caterlink will ensure the safety of my child's health and will be compliant with the UK GDPR and the Data Protection Act 2018.

I consent to my child's information being shared with Caterlink for the purpose of providing safe and appropriate food options. I understand and agree that Caterlink will ensure the safety of my child's health and will be compliant with the UK GDPR and the Data Protection Act 2018.

WE ARE IN THE PROCESS OF CHANGING OVER TO AN ONLINE FORM FOR ALLERGY REQUESTS, THIS WILL BUILD A DATABASE FOR US WHICH PARENTS CAN SEND UPDATES THROUGH TO EASILY AND MENUS WILL BE ISSUED QUICKER

MEDICAL DIETS & ALLERGIES

Central Autumn Winter 2024 2025 Menu

ONLY VALID if you are using the products shown on the Caterlink RECIPESHEET. If you are using different products, you MUST complete a blank FS13 sheet. All allergens listed are based on BIOFOOD purchased products only and are subject to change without notice. All allergen champions must regularly check deliveries against FS13s to ensure information is correct. All products showing as 'No Information' MUST be checked and allergens written on a blank FS13 sheet and kept on site. Our carbohydrate counts are guidelines, based on McCance & Widdowson Version 7. Please be aware that these may differ from those used in other methods e.g. the Carls & Cals book. All portion sizes are in grams, so you can make an informed choice based on the data you normally use. All pasta boxes contain 500g of uncooked pasta per portion.

Menu Item	Recipe Code	Sub Recipe Codes	Portion	Size (g)	Carbohydrate Count
050 Long Grain & Wholemeal Rice	PRIS04	PRIS04	100.00	34.00g	
Apple and Blackberry Crumble	PRID74	PRID237, PRID74	78.00	27.65g	
aked Beans	PRIS022	PRIS022	50.00	6.75g	
aked Seasoned Potatoes	PRIB16	PRIB16	70.90	10.43g	
aked Tomatoes	PRIS034	PRIS034	49.50	1.49g	
Ro Chicken Fillet	PRIB14	PRIB14	46.40	0.00g	
eel Bolognaise (APP)	PRIB48	PRIB48	121.50	7.71g	
P MSC Breaded Potlock Fillets	PRIF7	PRIF7	80.00	17.20g	
alfredo Tomato Ketchup	PRIS14	PRIS14	10.00	2.89g	
roccoli	PRIS020	PRIS020	50.00	1.40g	
asparagus	PRIS036	PRIS036	50.00	1.69g	
aribbean Butterbean Stew	PRIV306	PRIV306	148.00	15.80g	
arrots	PRIS028	PRIS028	50.00	3.00g	

SECTION 4 - PARENT/GUARDIAN DETAILS

Main Contact Name: *

Relationship to Child: *

Main Contact Phone Number: *

Main Contact Email Address: *

SECTION 5 - ATTACHMENTS

Upload any evidence (from a medical source, e.g. GP, Dietician or Allergy Specialist, Child's documentation or NHS Recommendations) here *

Upload files here to upload

SECTION 6 - DATA PROTECTION

I consent to my child's information being shared with Caterlink for the purpose of providing safe and appropriate food options. I understand and agree that Caterlink will ensure the safety of my child's health and will be compliant with the UK GDPR and the Data Protection Act 2018.

I consent to my child's information being shared with Caterlink for the purpose of providing safe and appropriate food options. I understand and agree that Caterlink will ensure the safety of my child's health and will be compliant with the UK GDPR and the Data Protection Act 2018.

SPRING SUMMER MENU

ALLERGEN LABELLED MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK ONE	Option One	Macaroni Cheese (2, 7) (V)	Phat Pasty Pork Sausage Roll (2, 4, 7) with Potato Wedges	Roast Chicken, Stuffing	Roast Potatoes & Gravy		
	Option Two	Chickpea Curry (2) with Rice (VE)	Mild Mexican Chilli (2, 13) with Rice (VE)	Roasted Quorn (2), Roast Potatoes, & Gravy (VE)	Smoky Bean Burger in a Burger Bun (2, 12) with Wedges & Tomato Sauce (VE)	Cheese & Bean Pasty (2, 7) with Chips & Tomato Sauce (V)	
	Sides	Vegetables of the Day (4) (V/ VE)	Vegetables of the Day (4) (V/ VE)	Vegetables of the Day (4) (V/ VE)	Vegetables of the Day (4) (V/ VE)	Vegetables of the Day (4) (V/ VE)	
	Dessert	Banana Mousse (7) (V)	Orange Drizzle Cake (2, 4) (V)	Fruit Platter (VE)	Apple Flapjack (2) (VE)	Strawberry Jelly with Mandarins (VE)	
WEEK TWO	Option One	Cheese & Tomato Pizza (2, 7, 13) with Summer Mixed Salad (V)	Beef Chilli (2) with Rice & Sweetcorn & Cucumber Salsa	Roasted Pork Sausage (2, 14) or Chicken Sausage (2, 14), Roast Potatoes & Gravy	Greek Chicken Pitta (2, 14) with Herby Rice, Tzatziki (7) & Salad (14)	Battered Fish (2, 5) with Chips & Tomato Sauce	
	Option Two	Lentil & Sweet Potato Curry (2) with Rice (VE)	Spaghetti (2) & Meatballs in a Tomato Sauce (VE)	Veg Wellington (2), Roast Potatoes & Gravy (VE)	Greek Spinach & Cheese Whirl (2, 7) with Herby Rice, Tzatziki (7) & Salad (14) (V)	Cheesy Broccoli Frittata (4, 7) with Chips (V)	
	Sides	Vegetables of the Day (4) (V/ VE)	Vegetables of the Day (4) (V/ VE)	Vegetables of the Day (4) (V/ VE)	Vegetables of the Day (4) (V/ VE)	Vegetables of the Day (4) (V/ VE)	
	Dessert	Iced Vanilla Sponge (2, 4) (V)	Peaches & Ice Cream (7) (V)	Freshly Chopped Fruit Salad (VE)	Jam & Coconut Sponge (2, 4, 14) with Custard (7) (V)	Oaty Cookie (2) (VE)	
WEEK THREE	Option One	Tomato Pasta (2) (VE)	Beef Burger in a Seeded Bun (2, 12) with Potato Wedges & Rainbow Slaw	Roast of the Day, Mashed Potatoes & Gravy	Chef Shilpa's Chicken Korma (7) with Rice	Fishfingers (2, 5) with Chips & Tomato Sauce	
	Option Two	Chinese Vegetable Noodles (2, 4, 13) (V)	Mexican Bean Roll (2, 9) with New Potatoes & Rainbow Slaw (VE)	Vegetable Loaf (2, 13) with Stuffing (2), Mashed Potatoes & Gravy (VE)	All Day Vegetarian Breakfast (4) (V)	Cowboy Sausage and Bean Hotpot (VE)	
	Sides	Vegetables of the Day (4) (V/ VE)	Vegetables of the Day (4) (V/ VE)	Vegetables of the Day (4) (V/ VE)	Vegetables of the Day (4) (V/ VE)	Vegetables of the Day (4) (V/ VE)	
	Dessert	Pineapple Upside Down Cake (2, 4) (V)	Cheese (7) & Crackers (2, 7) (V)	Fruit Medley (VE)	Strawberry and Apple Crumble (2) with Custard (7) (V)	Vanilla Shortbread (2) (VE)	
AVAILABLE DAILY: Jacket Potatoes with a choice of fillings (4, 5, 7), Salad Bar (2, 4, 7, 9, 13, 14), Freshly Baked Bread (2, 7, 13), Fresh Fruit, Yoghurt (7)							

Allergen Key – The 14 key allergens are listed on the menu using the below numbers:

1-Celery 2-Cereals Containing Gluten 3-Crustaceans 4-Eggs 5-Fish 6-Lupin 7-Milk 8-Molluscs 9-Mustard 10-Nuts 11-Peanuts 12-Sesame 13-Soya 14-Sulphites

Allergens may change due to supply issues – if your child has an allergy or intolerance, please let the school know so that we can issue a safe special diet menu. You will be asked to complete a form to ensure we have the necessary information to cater for your child.

PACKED LUNCHES

Caterlink will be happy to provide packed lunches as an option for lunch or for pupils on school trips. Provision of a packed lunch will be treated as a substitution of the two-course midday meal and will comply with the School Food Plan and National Government Guidelines.

For School trips Caterlink will prepare the packed lunches on the day to be ready at the time agreed with the School.

A packed lunch will consist of:

- Bread, Baguette, Wrap, Sub, or the equivalent filled with a 42g protein source and salad - see pick list on the next page
- 1 small piece of cake or biscuit
- 1 small whole piece of fruit
- 60g of crudités in a bag
- Carton of water or small juice.

We have a number of options for service available and will agree the preferred format with the School e.g. reusable boxes, type of disposables to use (we do not use single use plastics in our primary schools).

The School may also purchase for use on School Trips our Cool Bags; not only does this reduce the use of disposables, they keep the food cool on the journey.

ADDED BENEFITS HEALTHY PACKED LUNCH WORKSHOP



CATERLINK SANDWICH OPTIONS

CARBOHYDRATE OPTIONS (CHOOSE ONE)	PROTEIN OPTIONS (CHOOSE ONE HOT OR ONE COLD)		SALAD (OPTIONAL)
• White Baguette (#PL1) • Brown Baguette (#PL2) • Sliced White Bread (#PL3) • Sliced Brown Bread (#PL4) • Pitta (#PL5) • 10" Wrap (#PL6) • Sandwich Bap (#PL7) • Finger Roll (#PL8) • Freshly made bread (#SD51) • Freshly made flat bread (#SD63) For gluten free children only: • Gluten Free Sliced Bread (#PL9)	Cold Packed Lunch Options: • Cheese (#V85) • Cheese and Onion (#V174) • Cheese & Crunchy Rainbow Slaw (#V172) • Tuna (#F17) • Tuna Mayonnaise (#F11) • Tuna, Sweetcorn and Mayonnaise (#F12) • Tuna Mayonnaise and Cheese (#F19) • Egg Mayonnaise (#V57) • Ham (#P20) • Ham and Cheese (#P21) • Chicken (#C74) • Chicken and Cheese (#C75) • Chicken and Cheesy Coleslaw (#C76) • Falafel (#V178) • Falafel and Houmous (#V179) • Houmous (#V134) • Houmous and Grated Carrot (#V173) • Five Bean Salad and Salsa (#V175) • Cream Cheese (#V176) • Cream Cheese and Cucumber (#V177)	Hot Packed Lunch Options: • Fish Fingers (#F6) • Fish Fingers and Chilli Mayo (#F18) • Sausage (#P3) • Quorn Vegan Sausage (#V167) • Halal Chicken Sausage (#C6) • Roast Chicken Thigh (#C5) • Roast Chicken Breast (#C4) • Roast Pork (#P10) • Roast Beef (#B1) • Roast Turkey (#T1)	• Tomato Filling (#PL10) • Cucumber Filling (#PL11) • Lettuce Filling (#PL12)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

Breakfast Club

Porridge station with stewed apples and Cinnamon Topping 

Baked Beans on Toast 

Cereal with Fresh Fruit and Toast

Scrambled Egg with Toast and Fresh Fruit

Banana Overnight Oats 

WEEK TWO

Breakfast Club

Yoghurt Station with Fruit and Granola 

Red Pepper Frittata with Toast

Porridge Station with Fresh Fruit 

Baked Beans on Toast 

Cereal with Fresh Fruit and Toast

WEEK THREE

Breakfast Club

Breakfast Muffin

Honey and Granola Layered Yoghurt with Banana 

Cereal with Fresh Fruit and Toast

Porridge Station with Mandarin Topping 

Scrambled Egg with English Muffin with Crudites

MENU KEY

 Wholemeal

 Vegan

Available Daily: – Fresh Fruit and Yoghurt

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.

EXAMPLE BREAKFAST MENU

WEEK ONE

After School Club

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Cheese & Tomato Pizza 	Greek Chicken Gyros with Tzatziki & Rice 	Chicken Pasta Bake 	Rittata with Wedges	Cottage Pie 
Option 2		Jacket Potato with Baked Beans	Wholemeal Vegetable Pasta Bake 		Vegan Cottage Pie 
Vegetables	Sweetcorn 	Greek Salad	Broccoli 	Vegetable Medley 	Peas 
Dessert	Fresh Fruit 	Fruit & Yoghurt	Fruit Salad 	Fruit & Yoghurt	Fresh Fruit 

WEEK TWO

After School Club

Option 1	Tomato, Lentil and Cheese Pasta with Garlic Bread	Chicken Tikka Masala with Rice 	Jacket Potato with Tuna Mayonnaise	Chicken and Bean Fajitas with Wedges	Vegetarian Carbonara with Spaghetti
Option 2		Lentil and Sweet Potato Curry with Rice 	Jacket Potato with Baked Beans 	Vegetable Fajitas with Wedges 	
Vegetables	Carrots 	Cauliflower 	Coleslaw	Courgette 	Broccoli 
Dessert	Fresh Fruit 	Fruit & Yoghurt	Fruit Salad 	Fruit & Yoghurt	Fresh Fruit 

WEEK THREE

After School Club

Option 1	Bean Burger with Potato Wedges and Tomato Ketchup 	Beef Chilli with Jacket Potato 	Peri Peri Chicken with Lemon & Herb Couscous	Chicken Arrabbiata Pasta	Chef's Special Aubergine and Potato Curry with Rice 
Option 2		Five Bean Chilli with Jacket Potato 	Peri Peri Quorn with Lemon & Herb Couscous 	Tomato & Butterbean Pasta 	
Vegetables	Rainbow Slaw 	Green Beans 	Carrots 	Peas 	Sweetcorn 
Dessert	Fresh Fruit 	Fruit & Yoghurt	Fruit Salad 	Fruit & Yoghurt	Fresh Fruit 

EXAMPLE AFTER SCHOOL CLUB MENU

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.

CENTRAL EARLY YEARS MENU - WEEK ONE

Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST

Cornflakes, Weetabix,
Porridge

Wholemeal Toast
Fresh Fruit

Cornflakes, Weetabix, Porridge,
Boiled Egg

Wholemeal Toast
Fresh Fruit

Cornflakes, Weetabix,
Porridge

Wholemeal Toast
Fresh Fruit

Cornflakes, Weetabix,
Porridge
Scrambled Eggs

Wholemeal Toast
Fresh Fruit

Cornflakes, Weetabix, Pancakes

Wholemeal Toast
Fresh Fruit

MORNING SNACK

Wholemeal Bread Fingers
with Cheese Spread



Fresh Fruit



Rice Crackers Houmous
and Carrot Sticks



Fresh Fruit



Melba Toast, Cheese Spread
and Pepper Sticks

LUNCH

Chickpea & Spinach Curry
with Rice



Smokey Bean Burger with
Wedges



Beef Burger with
Wedges



NEW Vegetable Soya Loaf
with Mashed Potatoes and
Gravy



Roast Chicken with Mashed
Potato and Gravy

Butterbean Macaroni Cheese
with Garlic & Herb Bread

Chicken & Bean
Casserole with Rice



Lentil Dhal with Pitta Bread
and Yoghurt

Salmon Fishcakes with Herby
New Potatoes

Vegetables of the day
Mandarin Yoghurt

Vegetables of the day
Summer Fruit Platter

Vegetables of the day
Fresh Fruit & Yoghurt

Vegetables of the day
Strawberry & Apple Crumble
with Yoghurt



Vegetables of the day
Peach Slices with Custard

AFTERNOON SNACK

Crudités with Butterbean
Dip



Pitta Sticks with
Yoghurt and Cucumber Dip

Apple Slices



English Muffin
with Homemade Houmous



Pepper and Carrot
Crudités



TEA

Tuna Pasta Bake
or
Wholemeal Vegetable
Pasta Bake



Chicken & Butterbean Risotto
or
Vegetable Risotto



Summer Picnic Wraps: Egg
Mayonnaise, Cream Cheese
& Cucumber or Five Bean
Salsa – with Carrot &
Beetroot Slaw

Vegetable & Apricot
Tagine
with Couscous



Cheese & Tomato
Pizza
with Carrot Sticks



Fresh Fruit and Yoghurt

Fresh Fruit & Yoghurt

Fresh Fruit & Yoghurt

Fresh Fruit & Yoghurt

Fresh Fruit & Yoghurt

MENU KEY



Added Plant Protein



Vegan

EXAMPLE EARLY YEARS MENU

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If you have a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for you. We will ensure that 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 allergen cross contact.

CENTRAL EARLY YEARS MENU - WEEK TWO

Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST

Cornflakes, Weetabix,
Porridge

Wholemeal Toast
Fresh Fruit

Cornflakes, Weetabix, Porridge
Boiled Egg

Wholemeal Toast
Fresh Fruit

Cornflakes, Weetabix,
Porridge

Wholemeal Toast
Fresh Fruit

Cornflakes, Weetabix,
Porridge
Scrambled Eggs

Wholemeal Toast
Fresh Fruit

Cornflakes, Weetabix, Pancakes

Wholemeal Toast
Fresh Fruit

MORNING SNACK

Wholemeal Bread Fingers
with Cheese Spread

Fresh Fruit

Rice Crackers, Houmous
and Carrot Sticks

Fresh Fruit

Melba Toast, Cheese Spread
and Pepper Sticks

LUNCH

Rainbow Garden
Vegetable Pizza

BBQ Chicken Pizza

Vegetables of the day
Apple & Cinnamon Rice
Pudding

Broccoli Swirls with New
Potatoes

Fish Fingers with New
Potatoes

Vegetables of the day
Natural Yoghurt & Fresh Fruit

Moroccan Vegetable &
Chickpea Stew with
Couscous

Vegetables of the day
Apple & Blackberry Crumble
with Custard

Roast Quorn with Mashed
Potato & Gravy

Roast Chicken with Mashed
Potato & Gravy

Vegetables of the day
Summer Fruit Platter

Soya Bolognaise with Pasta
Twists

Beef and Lentil Bolognaise with
Pasta Twists

Vegetables of the day
Natural Yoghurt & Fresh Fruit

AFTERNOON SNACK

Fresh Fruit

Wholemeal Bread Fingers,
Hard Boiled Egg and Pepper
Sticks

Fresh Fruit

Toasted Plain Bagel, Cheese
Spread and Cucumber
Sticks

Crudites

TEA

Mild Mexican Beef
or
Soya Chilli with Rice
and
Carrot Sticks

Fresh Fruit & Yoghurt

Caribbean Bean
Curry with Rice

Fresh Fruit & Yoghurt

Jacket Potato with Cheese
Or Baked Beans with
Cucumber Sticks

Fresh Fruit & Yoghurt

Chicken & Bean Fajitas or
Vegetable Fajitas

Fresh Fruit & Yoghurt

Summer Picnic Sandwiches: Egg
Mayonnaise, Cheese & Tomato
or Houmous & Carrot
With Cherry Tomato Quarters
and Cucumber Sticks

Fresh Fruit & Yoghurt

MENU KEY



Added Plant Protein



Vegan

EXAMPLE EARLY YEARS MENU

ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If you have a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information. We will ensure that 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 allergen cross contact.

CENTRAL EARLY YEARS MENU – WEEK THREE

Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST

Cornflakes, Weetabix,
Porridge



Wholemeal Toast
Fresh Fruit



Cornflakes, Weetabix, Porridge
Boiled Egg



Wholemeal Toast
Fresh Fruit



Cornflakes, Weetabix,
Porridge



Wholemeal Toast
Fresh Fruit



Cornflakes, Weetabix,
Porridge
Scrambled Eggs



Wholemeal Toast
Fresh Fruit



Cornflakes, Weetabix, Pancakes



Wholemeal Toast
Fresh Fruit



MORNING SNACK

Wholemeal Bread Fingers
with Cheese Spread



Fresh Fruit



Rice Crackers, Houmous
and Carrot Sticks



Fresh Fruit



Melba Toast Cheese Spread
and Pepper Sticks

LUNCH

Bean and Leek Sausage
with Herby Chive Potato
Salad

Traditional Fish Fingers with
Herby Chive Potato Salad

Vegetables of the day
Fruits of the Forest Yoghurt

Butternut & Lentil Lasagne

Beef & Lentil
Lasagne



Vegetables of the day
Fresh Fruit & Natural Yoghurt

Greek Spinach & Cheese
Swirls with Pitta Fingers and
Tzatziki

Greek Style Chicken with
Pitta Fingers and Tzatziki

Vegetables of the day
Fruit Medley



Vegan Soya Koftas with Rice,
Yoghurt & Cucumber Dip



Vegetables of the day
Pineapple Upside Down Cake

Mixed Bean Jollof Rice



Chicken Jollof Rice

Vegetables of the day
Banana & Chocolate Oaty
Square



AFTERNOON SNACK

Crudités



Wholemeal Bread Fingers with
Homemade Butterbean Dip



Fresh Fruit



English Muffin
with Yoghurt & Cucumber Dip

Crudités – Carrot and Cucumber
Sticks



TEA

Tomato & Lentil Pasta with
Carrot Sticks



Fresh Fruit & Yoghurt

Picnic Sandwich Selection:
Tuna or Egg Mayonnaise,
Houmous and Grated Carrot
with Crudites

Fresh Fruit & Yoghurt

Baked Beans on Toast with
Garlic Mushrooms



Lentil and Sweet Potato
Curry
with Rice



Pea, Spinach and Tomato
Frittata Muffins with Couscous
and Sweetcorn

MENU KEY



Added Plant Protein



Vegan

EXAMPLE EARLY YEARS MENU

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 allergen cross contact.

caterlink
feeding the imagination

Our Nutrition Projects

Extracts from our Latest Update

Public Health Projects 2025

Food For Life Award

Plant Points Project

Fibre Projects

Sugar Reduction

Food Waste Reduction

Pro Veg

Carbon Footprint

Vegan Options

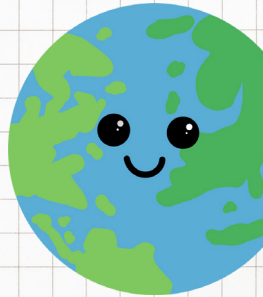


Caterlink Primary School

Public Health Projects 2025

At Caterlink we understand the importance of the role that we play in ensuring children have access to nutritious foods during the school day. We believe that it is not only our responsibility to provide menus that meet the School Food Standards, but also to focus on wider public health projects that link in with national and local initiatives.

An important part of eating a healthy, balanced diet is incorporating a wide variety of different foods. This includes plant-based foods which have the nutritional benefit of higher fibre and lower saturated fat content, but also aligns with our sustainability goals and our efforts to reduce our carbon footprint.



Our Caterlink nutrition team work hard alongside the development chefs to ensure that our recipes and menus provide children with a balanced meal, exposure to a variety of foods and a sustainable menu offer.

This document will detail a number of our current projects that focus on children's health and provide updates on the latest data and research.

Food For Life Served Here Award

Food for Life, which was created by the Soil Association, started in 2003 with the aim to make healthy, tasty and sustainable meals the norm for all to enjoy, whilst reconnecting people with where their food comes from, teaching them how food is grown and cooked, and championing the importance of well-sourced ingredients.

Food For Life work in partnership with the Royal Society for Public Health, Focus on Food, Garden Organic and the Health Education Trust!

In 2009 Food for Life started an award accreditation programme called Food for Life Served Here

The Food For Life Served Here award ensures:

- Food served is fresh
- Healthy eating is made easy
- The food we buy is sustainable and ethical
- Local farmers & food producers are supported



Find out more about Food For Life [here](#)

SILVER

Everyone eating a Caterlink primary school lunch can be sure that they are eating from a menu that meets the Food For Life Served Here Silver standard, at a minimum.



Caterlink being awarded FFLSH across all primary schools

2009

Caterlink were the **first contract caterer** to achieve the award and have achieved the award every year since!

2025

We then became the **first contract caterer** to achieve full certification for all our primary schools across the UK!



caterlink
feeding the imagination

Plant Points Project 2025



The Stats

Caterlink school meals are often made from scratch in the kitchen, using a variety of vegetables, plant proteins, herbs and spices.

By having a Caterlink school meal, 5 times a week you can **reach the plant points** shown below, out of the target of 30 a week (and that's just lunch!)

Our 'Plant Point Heroes'!

Our team of nutritionists have worked out how many plant points are in a portion of the dishes on our menus. On the Autumn and Summer menus we have used these calculations to identify our **Plant Point Heroes** – dishes packed with lots of vegetables, plant proteins, herbs and spices, contributing lots of plant points to that week!



Autumn Winter 2024/25 Plant Point Hero

Chinese Vegetable Curry!



14.75
Plant
points

Includes:
Black turtle beans, 9 different
vegetables and 13 spices



Spring Summer 2025 Plant Point Hero

Spicy Bean Burger!



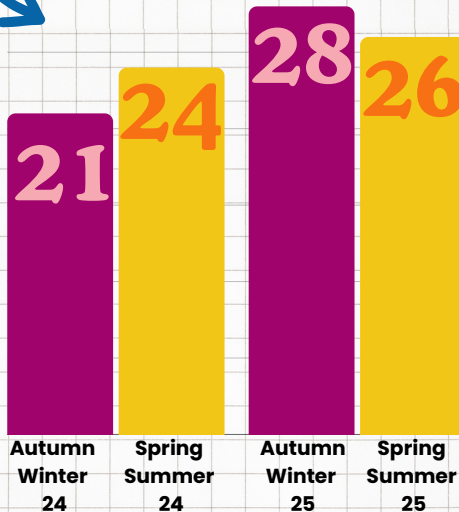
11.5
Plant
points

Includes:
5 types of beans, 4
vegetables, 4 spices and
stock

Look out for
our Plant Hero
logo on our
information
menus!

**Our 2025 menus
contained more Plant
Points compared to our
2024 menus**

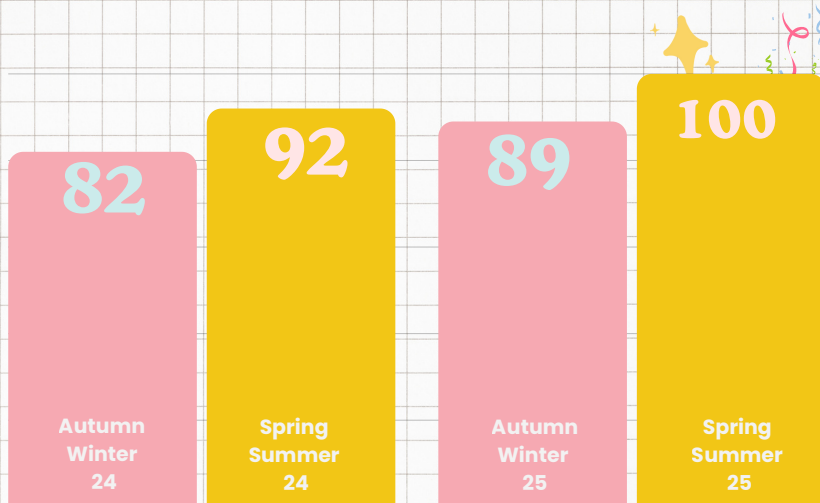
caterlink
feeding the imagination



Number of
Plant Points
(Main, Sides
and Dessert)

Fibre Project 2025

% of recommended fibre (6.7g)
in a Caterlink school meal



In the most recent menu,
children were offered up to

100%
of their school lunch fibre
goal!



Our 'Fibre Heroes'!

See below some of our
spotlight meals that are high
in fibre and feature on our
menus!

Chickpea & Coconut Curry



4.7g fibre

Tomato & Vegetable Pasta



4.5g fibre

Four ways Caterlink increase fibre in school lunches...



Using Oats in our desserts, such
as crumble toppings, flapjacks
and oaty cookies

Our apple crumble has 1.79g fibre per
portion!



Using 50/50 brown and white rice to
serve with dishes like curry and
chillies



Using 50/50 wholemeal flour for our
pizza base
Our pizzas have 3g fibre per portion!



Adding beans and pulses to meat dishes
(our Added Plant Protein range)

caterlink
feeding the imagination

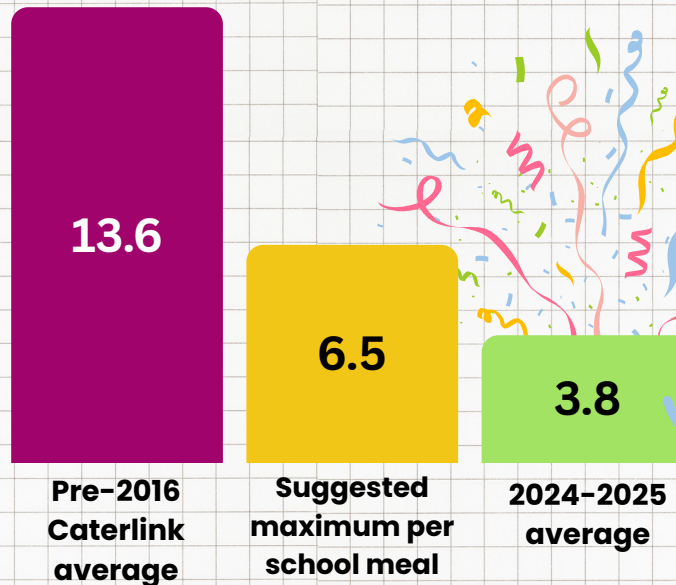
Sugar Reduction Project

Nine Year Update

Since September 2016 Caterlink have ensured that school lunches not only meet the government recommendations for free sugars, but are actually much lower! In the last school year school lunches contained just 3.8g of free sugar on average!

This reduction is through:

- Reformulating recipes and removing high sugar ingredients
- Flavouring our own yoghurt on site
- Using fruit to sweeten desserts



Last term five out of the fifteen desserts offered contained **NO** sugar!



Since the start of the project we have removed **2.1 million kilograms of sugar** from children's meals!
That's the same weight as **3,500** brown bears!

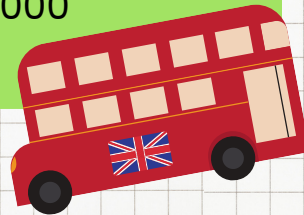
42% lower than the government recommendations!!

caterlink
feeding the imagination

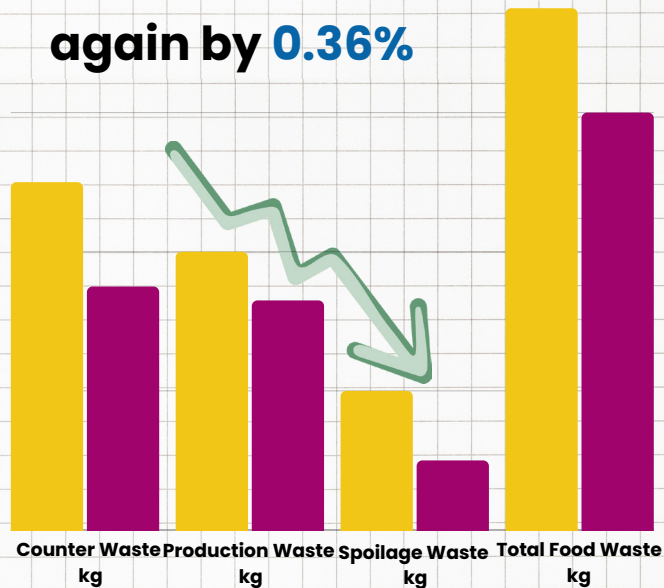
Reducing Food Waste



- Food waste is food we could have eaten that is instead thrown away, whether it has been kept beyond its expiry date or left to spoil.
- In the UK we produce 6.7 million tonnes of food waste every year, which is the same weight as 480,000 double decker buses!



In 2024 we cut our total food waste again by 0.36%

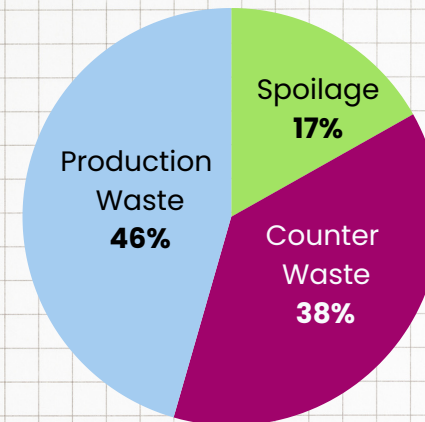


70% of the food we throw away is edible



In September 2023 we introduced food waste monitoring into our schools – the catering teams measure production waste, spoilage waste and counter waste every day.

Each week our catering teams report on the total food waste in all three categories. In 2024 – 2025 the breakdown of the three categories by percentage was:



caterlink
feeding the imagination



ProVeg School Plates Project

What is the School Plates Project?

We have partnered with ProVeg UK on their School Plates Programme. This programme aims to make school food healthier and more sustainable by increasing and promoting plant-based content on school menus.



How we enhanced our menus to meet the standards...

- Repositioning the menus to list the vegetarian options at the top
- Using descriptive and positive language for plant-based dishes
- Blending plant proteins into dishes to help boost fibre (e.g. beans & lentils)
- Increasing the diversity of plants on our menus

The ProVeg School Plates Award

80 of our Caterlink schools achieved a **silver award** by enhancing their menus with more plant-based dishes and content.

We have even more schools who have achieved a **bronze award**

This upcoming year we are going to align our central menu with the standards and expand the impact of the programme further.



Caterlink came
3RD

in the ProVeg UK
Top 25 Contract
Caterer Ranking



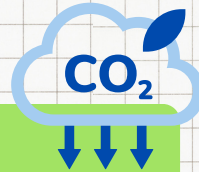
Our kitchen teams all received training in plant-based cooking techniques.

caterlink
feeding the imagination

Sustainable Food - Background Information

What is a carbon footprint and CO₂e?

- A carbon footprint is the total amount of greenhouse gases that are released into the atmosphere because of human activities.
- These are calculated as 'Carbon Dioxide Equivalents' (CO₂e).
- The higher the CO₂e, the more greenhouse gases are released i.e., the greater the carbon footprint.

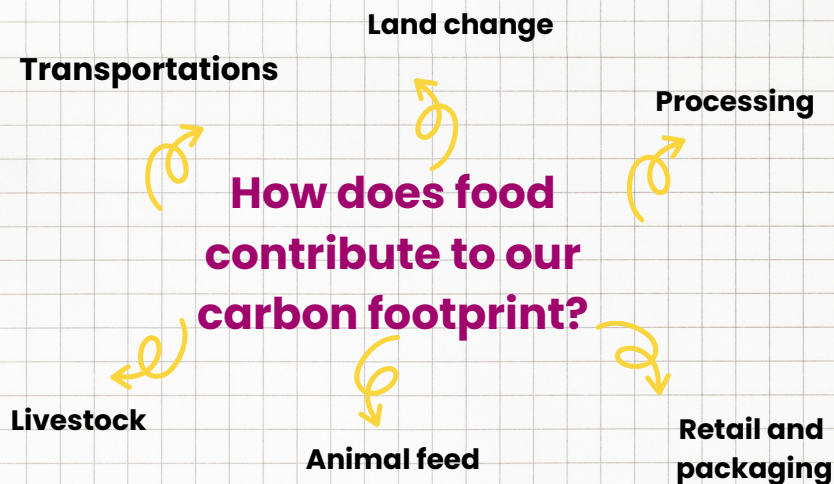


Why is our carbon footprint important?

- When greenhouse gases accumulate in our atmosphere, they warm the planet resulting in climate change.
- Rising sea levels, melting glaciers and more frequent extreme weather like storms, flooding and heatwaves ruin nature and our own livelihoods.

1/3 of all man-made greenhouse gas emissions are from the food chain

How does food contribute to our carbon footprint?



How can we help in school meals?

We can slow the rate of climate change by making small changes to our diet:

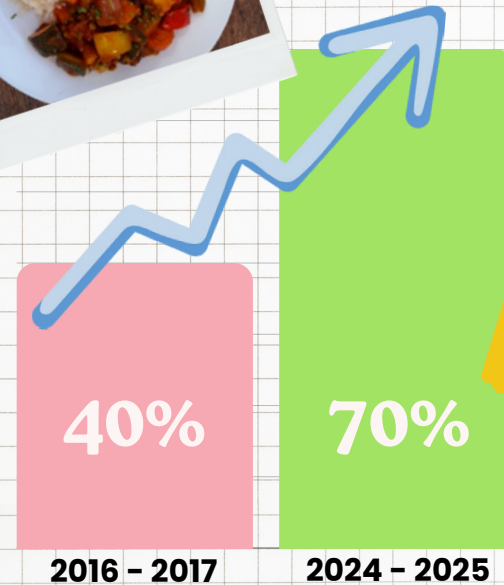
- Introducing more plant-based proteins
- Reducing meat and dairy products
- Sourcing products from local suppliers
- Minimising food waste



Vegan Options

Many people are making a conscious effort to include more plant-based options in their diets. Over the past few years, we have increased the number of plant-based options on our standard menus.

We provide a full vegan menu to any child that requests one, however, we think it is important to offer vegan dishes on all of our menus to expose children to a range of proteins and offer variety.



Over the past eight years the percentage of our vegetarian meals that are also vegan have increased from 40% to 70%

Whilst eating meat and dairy provides important nutrients, **adding vegan meals into your diet can offer huge environmental and health benefits.** We compared our most popular vegetarian dishes against our most popular vegan dishes and found...

9% higher in protein **56% higher in fibre** **44% lower in salt**
87% lower in saturated fat **78% lower in total fat**



.....

Earley West, 300 Thames Valley Park Drive, Reading, Berkshire, RG6 1PT

01189 356702 / info@caterlinkltd.co.uk