

# WHAT'S FOR LUNCH THIS AUTUMN/WINTER?

**Caterlink is an award-winning food service provider, catering for schools across the country.**

In Brighton & Hove we are passionate about providing your children with freshly prepared school lunches that are true to Caterlink's fresh food heritage. Our menus are nutritionally analysed to ensure they meet the School Food Standards required. Across Brighton & Hove we use locally based food providers for our meat products, fruit and vegetables. All of the meats used are UK-based Red Tractor products and are delivered in fresh by local farm-assured butchers, including our farm assured burgers and sausages. Our menu for Brighton & Hove is accredited to the Soil Associations Food For Life Silver standard.

## KEEP IN TOUCH

You can keep up to date with what's going on across Brighton & Hove school meals by visiting our web site:

<https://caterlinkltd.co.uk/my-caterlink>

Here you'll find the latest news and information about our current menus and our upcoming theme days. You can also get in touch through our Contact Us page. We appreciate all feedback on our service.

**Office Tel:** 01273 417169

## 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 means -tested Free School Meals: this is important and helps school funding.

Low Income - Are you missing out? To check if you are entitled to Free School Meals entitlement ask at your school office or call **01273 293497** for more information. Apply online at [www.brighton-hove.gov.uk/onlinefreeschoolmeals](http://www.brighton-hove.gov.uk/onlinefreeschoolmeals)

## RECRUITMENT

We are always looking for new talented team members. If you are interested in joining Caterlink, or joining our apprenticeship scheme, please visit our web site and get in touch!

<https://caterlinkltd.co.uk/jobs-careers/>

or email  
[hrrsupport@caterlinkltd.co.uk](mailto: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.



Freshly Baked Bread, Salad, Yoghurt and Fruit available daily. Milk free Yoghurt available daily & Ice Cream when served.








# Brighton & Hove Autumn/Winter Menu 2024

**caterlink**  
feeding the imagination











(V) Vegan  
Wholemeal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--	--------	---------	-----------	----------	--------









**WEEK ONE**  
  
4.11  
25.11  
16.12  
20.1  
10.2  
10.3  
31.3

<b>Main</b>	Macaroni Cheese	BBQ Chicken Fillet with Jollof Rice 	Roast Chicken Breast & Stuffing with Roast Potatoes & Gravy	Farm Assured Beef Burger with Wedges & Tomato Relish	MSC Fishfingers with Chips & Homemade Tomato Sauce
<b>Vegetarian</b>	Vegan Chilli with 50:50 rice 	Vegan Quorn Sausages with Mashed Potato & Gravy	Sweet Potato & Spinach Tart with Roast Potatoes & Gravy (V)	Vegan Meatball Tomato Pasta 	Falafel with Chips & Homemade Tomato Sauce (V)
<b>Halal</b>		Halal BBQ Chicken Fillet with Jollof Rice 	Halal Roast Chicken & Stuffing with Roast Potatoes & Gravy	Halal Beef Burger with Wedges & Tomato Relish	
<b>Jacket Potato</b>	Baked Beans (V)	Tuna Mayonnaise	Cheese	Baked Beans (V)	Cheese
<b>Vegetable</b>	Carrots & Sweetcorn	Peas & Cauliflower	Roasted Vegetables & Broccoli	Sweetcorn & Grated Carrot	Peas & Baked Beans
<b>Deserts</b>	Apple & Raisin Flapjack with Peaches (V) 	Chocolate Beetroot Cake 	Jelly (V) & Ice Cream	Cornflake Tart & Custard or Jam Tart (V)	Oaty Cookie with Fruity Friday(V) 

**WEEK TWO**  
  
11.11  
2.12  
6.1  
27.1  
24.2  
17.3

<b>Main</b>	Homemade Cheese & Tomato Pizza 	Wholewheat Penne Pasta Bolognese 	Roast Turkey & Yorkshire Pudding with Roast Potatoes & Gravy	Chicken Tikka Masala with 50:50 Rice 	Breaded Fish with Chips & Homemade Tomato Sauce
<b>Vegetarian</b>	Vegan Cottage Pie	Veggie or Vegan Quesadilla with Jollof Rice 	Roast Quorn (V) & Yorkshire Pudding, Roast Potatoes & Gravy	Golden Macaroni Cheese or Pasta with Tomato Sauce (V) 	Mexican Bean Roll with Chips and Homemade Tomato Sauce (V)
<b>Halal</b>		Halal Wholewheat Penne Pasta Bolognese 	Halal Roast Chicken & Yorkshire with Roast Potatoes & Gravy	Halal Chicken Tikka Masala with 50:50 Rice 	
<b>Jacket Potato</b>	Baked Beans (V)	Tuna Mayonnaise	Cheese	Baked Beans (V)	Cheese
<b>Vegetable</b>	Grated Carrot & Sweetcorn	Peas & Cauliflower	Carrot Batons & Savoy Cabbage	Green Beans & Sweetcorn	Peas & Baked beans
<b>Deserts</b>	Fruity Shortbread (V) 	Lemon Cake 	Yoghurt Station & Fruit Platter	Jelly & Mandarins	Chocolate Cookie with Fruity Friday (V) 

**WEEK THREE**  
  
18.11  
9.12  
13.1  
3.2  
3.3  
24.3

<b>Main</b>	Pork Sausages with Mashed Potato & Gravy	Wholewheat Penne Chicken Pasta Bake 	Lemon & Herb Roast Chicken Thigh, Roast Potatoes & Gravy	Homemade Cheese & Tomato Pizza 	Salmon Fishfingers with Chips & Homemade Tomato Sauce
<b>Vegetarian</b>	Lentil & Sweet Potato Curry with Jollof Rice (V) 	Vegan Puff Pastry Whirl with Homemade Jacket Wedges	Crunchy Vegetable Bake with Roast Potatoes & Gravy (V)	Wholewheat Penne Vegan Bolognese 	Vegan Quorn Sausages with Chips & Homemade Tomato Sauce (V)
<b>Halal</b>	Halal Chicken Sausages with Mashed Potato & Gravy	Halal Wholewheat Penne Chicken Pasta Bake 	Halal Roast Chicken with Roast Potatoes & Gravy		
<b>Jacket Potato</b>	Tuna Mayonnaise	Baked Beans (V)	Cheese	Baked Beans (V)	Cheese
<b>Vegetable</b>	Carrots & Sweetcorn	Broccoli & Cauliflower	Peas & Carrot Swede Mash	Sweetcorn & Coleslaw	Peas & Baked Beans
<b>Deserts</b>	Golden Cookie (V) 	Berry Mousse or Jelly (V)	Peaches (V) & Ice Cream	Fairtrade Banana Cake & Custard 	Vanilla Shortbread with Fruity Friday (V) 

<b>Packed Lunch</b>	Tomato Pasta Salad (V)	Cheese and Cucumber Baguette	Roast Quorn Baguette (V)	Cream Cheese & Pepper Baguette	Hot Vegan Sausage Baguette (V)
---------------------	------------------------	------------------------------	--------------------------	--------------------------------	--------------------------------

