

# WELCOME TO THE BRASSERIE YOUR NEW DINING EXPERIENCE FOR KS2



**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.

At Barnes we love using ingredients from our school kitchen garden helping pupils learn about the benefits of a healthy diet using home grown produce.

**Caterlink are delighted to introduce your new "foodie experience" at Barnes Primary**

In partnership with the school, we have created a bespoke new look and feel to your dining areas in which your children can enjoy their school lunches. This will enhance the daily fresh food offer our team already prepare, encouraging your children to try new foods in a fun and food focused environment whilst expanding their general food awareness and education. We have also introduced a selection of new and interesting menu items to stimulate and please their ever developing palate, alongside discovery days and termly pop up specials. We hope you all take advantage of this fabulous service. Parents are always welcome to join us at a class rep lunch, please feel free to contact Gill or Fiona in the school office to book a place.

## Keep in touch

Your comments are important to us and we value your feedback. Visit our informative web link:

[www.caterlinkltd.co.uk](http://www.caterlinkltd.co.uk)

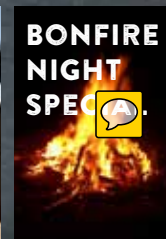
email: [info@caterlinkltd.co.uk](mailto:info@caterlinkltd.co.uk)

or call **01892 824604**

## DISCOVERY DAYS AVAILABLE THIS TERM



organic milk



BONFIRE NIGHT SPECIAL



HARVEST FESTIVAL



CHRISTMAS

### In Partnership with:



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 need to complete a form to ensure we have the necessary information to cater for your child, please ask for a form via the Barnes school office. Forms also available through the Caterlink website.

FRESH  
+  
HEALTHY  
=  
TASTY



# WEEK ONE

5th Sept, 26th Sept, 17th Oct, 14th Nov, 5th Dec

**Wholemeal & Regular Pastas of the Day with Choice of Sauces, Sides, Toppings & Bread Sticks**

Vegetable Goulash with Rice  
Cauliflower Florets & Roasted Root Vegetable  
**Plum & Banana Crumble with Custard**  
Yoghurt / Fresh Fruit Platter

**Free Range Chicken Stir Fry with Rice optional Fresh Coriander, Chilli Flakes & Fresh Lime**  
Mixed Bean & Vegetable Hotpot  
Green Beans & Baton Carrots

**Homemade Roasted Mixed Pepper & Tomato Soup with choice of Sandwich**  
**Wholemeal Banana Loaf**  
Yoghurt / Fresh Fruit Chunks

**Roast Turkey Breast with Roast Seasonal White & Sweet Potatoes & Gravy**  
Vegetable Moussaka with Roast Potatoes  
Savoy Cabbage & Swede  
Carrot and Courgette Cake & Custard  
Yoghurt / Fresh Fruit Platter

**Spicy Meat Pizza with Jacket Wedges**  
Lentil & Spinach Curry with Rice, Naan Bread  
Finger & optional Paneer Cheese & Mint & Yogurt Raita  
Broccoli & Sweetcorn

**Homemade Roasted Mixed Pepper & Tomato Soup with choice of Sandwich**  
Apple Pie & Custard  
Yoghurt / Fresh Fruit Chunks

**Chicken Wrap with Chipped Potatoes and optional Tomato & Onion Salsa**  
Vegetable Enchiladas with Chipped Potatoes and optional Tomato & Onion Salsa  
Baked Beans & Garden Peas  
Friday Fish - MSC Salmon Fishcake with Fresh Lemon Wedge optional Yogurt & Dill Dressing & Chipped Potatoes  
**Chocolate & Mandarin Muffins**  
Yoghurt / Fresh Fruit Salad

# WEEK TWO

12th Sept, 3rd Oct, 24th Oct, 21st Nov, 12th Dec

**Sausages with Mash & Gravy & optional Caramelised Onions**  
Vegetable Lasagne (Squash & Sweet Leek)  
Carrots, Roasted Courgettes & Fresh Herbs  
**Taster Fruit & Vegetable Smoothie Bar**  
**Apple Strudel & Custard**  
Yoghurt / Fresh Fruit Chunks

**Roast Beef & Yorkshire Pudding with Roast Potatoes & Gravy**  
Mixed Vegetable & Chickpea Loaf with Roast Potatoes  
Cauliflower & Roast Potatoes  
**Soup & Deli Sandwich - Homemade Carrot & Coriander Soup with choice of Sandwich**  
**Pancakes with Mixed Berries**  
Yoghurt / Fresh Fruit Salad

**Chicken from a range of Marinated Oven Baked Authentically Spiced Chicken served with choice of Wraps & Sides**  
Quorn Sausages & Creamy Mash with Gravy & optional Homemade Tomato & Onion Relish  
Broccoli & Rataouille  
**Apple & Cherry Cobbler with Custard**  
Yoghurt / Fresh Fruit Salad

**Lamb Meatballs in Tomato Sauce with Wholemeal Spaghetti**  
Macaroni Cheese with Garlic Sauce  
Green Beans & Sweetcorn  
Soup & Deli Sandwich - Homemade Carrot & Coriander Soup with Choice of Sandwich  
**Pineapple Upside Down Cake**  
Yoghurt / Fresh Fruit Platter

**Chicken and Sweetcorn Pie with Chipped Potatoes**  
Cheese & Tomato Quiche with Chipped Potatoes  
Baked Beans & Garden Peas  
Friday Fish - MSC Fish Fingers with Chipped Potatoes  
**Chocolate & Beetroot Brownie**  
Yoghurt / Fresh Fruit Chunks

# WEEK THREE

19th Sept, 10th Oct, 7th Nov, 28th Nov, 19th Dec

**Free Range Chicken Tikka with Rice or Bombay Potatoes, optional Mint & Yogurt**  
Raita & Homemade Chutney  
Red Pepper Frittata with Rice or Bombay Potatoes  
Broccoli & Sautéed Potato  
**Eye's Pudding & Custard**  
Yoghurt / Fresh Fruit Platter

**Wholemeal & Veggie infused Flat Bread topped with Fresh Tomatoes, Feta & Fresh Basil or Ham, Mozzarella & Spinach, Olives & Warm Potato Salad**  
Creamy Vegetable Pie with Steamed Baby Potatoes  
Roasted Aubergine & Red Peppers, Green Beans  
**Homemade Soup Station - Carrot & Coriander Soup & Mulligatawny Soup Served Choice of Toppings & Breads**  
**Fruity Flapjacks**  
Yoghurt / Fresh Fruit Salad

**Roast Chicken with Stuffing Roast Potatoes and Gravy**  
Vegetable Wellington with Roast Potatoes  
Savoy Cabbage & Sweetcorn  
Street Food - Mini Pots of Noodles topped with your choice of Asian Style Stir Fried Vegetables & Chicken  
**Chocolate & Strawberry Bread**  
Yoghurt / Fresh Fruit Chunks

**Selection of Burritos, Tacos, Fajitas, Pulled Pork & Organic Beef Chilli with Rice, Slaws & Sides**  
Veggie Sausage Toad in The Hole with Gravy and optional Caramelised Onions  
Cauliflower & Sweetcorn  
**Homemade Soup Station - Carrot & Coriander Soup & Mulligatawny Soup Served with Toppings & Breads**  
**Syrup Sponge with Custard**  
Yoghurt / Fresh Fruit Salad

**Shepherd's Pie with Potato**  
Cheese & Tomato Pizza with Chips  
Baked Beans & Garden Peas  
Friday Fish - MSC Breaded Fish Fillet with Homemade Tartar Sauce, Lemon Wedge & Chipped Potatoes  
**Fruity Flapjacks & Ice Cream**  
Yoghurt / Fresh Fruit Platter

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

VEGETARIAN MAIN

VEGETABLE SIDE

DELI/POP UP/SPECIAL/FISH

DESSERT

## AVAILABLE EVERY DAY...

Jacket Potatoes freshly cooked daily with a choice of fillings

Bread different flavours freshly baked on site daily


Daily salad selection There will be a selection of at least 5 salad items available daily incorporating our new superfood options.

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 subject to change based on product availability and bespoke Discovery Day menus, please check for any changes.

 Vegetarian option

 Oily fish

 Marine Stewardship Council details  
Web: www.msc.org  
Chain of Custody Registration Code MML - C 1009