

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 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 menu please check for any changes



Oily fish



Marine Stewardship Council details Web www.msc.org Chain of Custody Registration Code MML - C 1029

## WEEK THREE

11th Feb, 11th Mar, 1st Apr

**MEAT FREE MONDAY - Caribbean Macaroni Cheese with Coleslaw Sweetly Spiced Moroccan Chickpea & Vegetable Stew with Couscous Sweetcorn & Steamed Carrots Fresh Fruit Platter/Yoghurt Oaty Peach Crumble**

**Beef Burger in a Bun with Homemade Jacket Wedges & Salads Vegetable & Soya Mince Lasagne Broccoli & Baked Tomatoes Fresh Fruit Platter/Yoghurt Mandarin & Carrot Sponge**

**Roast Turkey with Roast Potatoes & Gravy Mediterranean Vegetable Brown Rice infused Baked Risotto Shredded Cabbage & Herby Roasted Carrots Fresh Fruit Platter/Yoghurt Baked Rhubarb & Apple Pudding**

**Beef Tortilla Stack & Rice (Made with Organic Minced Beef) Quorn Sausages with Blended Vegetable Gravy & New Potatoes Green Beans & Cauliflower Fresh Fruit Platter/Yoghurt Fruit Jelly & Ice Cream**

**Spicy Chicken Pizza with a Wholemeal Carrot & Courgette infused dough & Chips Cheese & Tomato Pizza with a Wholemeal Carrot & Courgette infused Dough & Chips Baked Beans & Garden Peas Friday Fish - MSC Salmon Fish Fingers with Chips Yoghurt & Fruit Station Yoghurt, Fresh Fruits & Toppings such as Dried Fruits, Apple & Cinnamon Crisps, Homemade Granola Chocolate & Kidney Bean Brownie**

## WEEK TWO

4th Feb, 4th Mar, 25th Mar

**MEAT FREE MONDAY - Quorn & Vegetable Curry with Rice Tomato & Mixed Vegetable Wholemeal Penne Pasta Bake with Optional Cheese Sprinkle Steamed Spring Cabbage & Sweetcorn Fresh Fruit Platter/Yoghurt Chocolate Shortbread**

**Chicken Chow Mein with Egg Noodles (Made with Free Range Chicken) Quorn Mince Vegetarian Chilli with Rice Peas & Fresh Sliced Carrots Fresh Fruit Platter/Yoghurt Wholemeal Banana Sponge & Custard**

**Roast Chicken with Stuffing with Roast Potatoes & Gravy (Made with Free Range Chicken) Cheese, Spinach & Tomato Whirl with Roast Potatoes Cauliflower & Green Beans Fresh Fruit Platter/Yoghurt Cheese & Biscuits**

**Spaghetti Beef Bolognese (Made with Organic Minced Beef) Bean Burger in a Bun with Homemade Jacket Wedges Broccoli, Red & White Cabbage & Carrot Slaw Fresh Fruit Platter/Yoghurt Wholemeal Mixed Fruit Crumble & Custard**

**Marinated Chicken Thigh (Free Range Chicken) with Chips Potato, Mixed Pepper & Cheese Frittata with Chips Baked Beans & Garden Peas Fish Friday - MSC Breaded Fish with Chips Yoghurt & Fruit Station Yoghurt, Fresh Fruits & Toppings such as Dried Fruits, Apple & Cinnamon Crisps, Homemade Granola Chocolate & Beetroot Sponge**

## WEEK ONE

28th Jan, 25th Feb, 18th Mar

**MEAT FREE MONDAY Pasta Bar Wholemeal & Regular Pasta with Choice of Tomato & Basil Sauce infused with Peppers, Carrot, Onion or Cheese & Leek Sauce Savoury Vegetable & Soya Mince with Carrot & Potato Mash Sweetcorn & Broccoli Fresh Fruit Platter/Yoghurt Wholemeal Apple & Strawberry Crumble with Custard**

**Macaroni Bolognese Bake (Made with Organic Minced Beef) Lentil & Vegetable Curry with Brown & White Rice Fresh Mixed Peppers & Green Beans Fresh Fruit Platter/Yoghurt Lemon & Courgette Cake**

**Honey Roast Gammon with Roast Potatoes & Gravy Mixed Bean & Chickpea Loaf with Roast Potatoes & Gravy Carrot, Swede Mash & Garden Peas Fresh Fruit Platter/Yoghurt Oat & White Bean Blondies**

**Chilli Con Carne with Red Kidney Beans (Made with Organic Minced Beef) with Brown & White Rice Wholemeal Spinach & Tomato Quiche with New Potatoes Seasonal Mixed Vegetables Fresh Fruit Platter/Yoghurt Pineapple Cake with Custard**

**Chicken, Sweetcorn & Bean Fajita with Chipped Potatoes Quorn Hot Dog with Onions & Chipped Potatoes Baked Beans & Garden Peas Friday Fish - MSC Fish Fingers with Chips Yoghurt & Fruit Station Yoghurt, Fresh Fruits & Toppings such as Dried Fruits, Apple & Cinnamon Crisps, Homemade Granola Chocolate & Kale Cake**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAT

VEGETARIAN MEAT

VEGETABLE SIDE

FISH

DESSERT

# NEW MENUS SPRING 2019 FOR THE LITTLE BRASSERIE AT BARNES FOR KS1

THE LITTLE  
**BRASSERIE**  
- AT BARNES -

**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.



Keep in touch

Your comments are important to us and we value your feedback.

Visit our informative web link:

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

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

or call 01892 824604



**caterlink**  
feeding the imagination

**DISCOVERY DAYS  
AVAILABLE THIS TERM**



**Eatwell this Spring at The Brasserie and The Little Brasserie at Barnes, with 'Hidden Veg' and 50% plant-based Protein Dishes**

To assist in achieving the Government recommended 5 a day - as set out in the Eatwell Guides - we have introduced a range of dishes containing 'Hidden Veg' allowing us to introduce more vegetables into your child's diet.

Vegetables work brilliantly in a whole range of dishes, both sweet and savoury.

You will see an increased number of our desserts made using vegetables and pulses on this term's menu as well as fruit - helping to further reduce refined sugar content, adding natural sweetness, extra proteins and vitamins. Yummy, reduced sugar desserts packed full of the nutrients your child needs.

Pasta provides a good source of energy and is a great base to introduce all sorts of flavour boosting vegetables in our baked dishes. Our tomato pasta sauces are crammed full of additional vegetables, helping your child meet their five-a-day requirement.

We have also continued with our wholesome pizza dough bases enriched with vegetables such as courgette and carrot - another fantastic way to increase your child's intake of vegetables.

In response to the current focus on sustainable eating across the UK, we have trialled a range of 50% plant based protein dishes. These are based around already popular dishes to which we have added beans, lentils or chickpeas to the recipe to make them 50% plant based. This Spring term menu features some of these dishes such as Chilli Con Carne, Beet and Bean Pappas, Beef Tortilla Stack.

We hope your child enjoys the new menu items and we look forward to receiving their comments. Eatwell working towards a balance of healthier and more sustainable food.

In Partnership with:



FRESH + HEALTHY

TASTY

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 may be available through the Caterlink website.