

NEW MENUS SPRING 2020 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 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.

Making the Right Food Choices

In the Brasserie and Little Brasserie at Barnes, we offer a wide variety of food choices throughout each term's menu to ensure that your child has dishes to look forward to and enjoy each day.

The school's Food Focus Group continues to gather comments from children and has used those comments in the development of this term's menus. We take on board feedback given and make adjustments accordingly whilst still working in line with the Gold Food for Life and School Food Plan criteria.

One request recently was to make the food a little less spicy. Amanda has been working hard to amend recipes to make the food milder. Some pupils and parents also told the school that they feel that the portion sizes are sometimes too small. We have put up signs on the counter reiterating to children that they can always ask for more or larger portions. We will reinforce this message in our start of term assemblies.

Please share these menus with your child. The importance of a nutritious lunch - and trying new dishes - is something that the school and Amanda, our Chef Manager and her team support and encourage.

We will continue to seek pupils' feedback on our school meals and will incorporate their wishes where possible.

We hope that you enjoy the Spring term menus.

Keep in touch

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

Visit our informative web link:

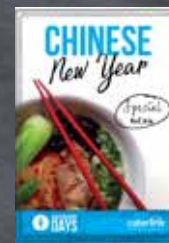
www.caterlinkltd.co.uk

email: info@caterlinkltd.co.uk

or call **01892 824604**



DISCOVERY DAYS AVAILABLE THIS TERM



In Partnership with:

















If you are a parent or guardian of a child who 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. Forms can be obtained from the school office on both sites. Forms are also available through the Caterlink website.

FRESH + HEALTHY = TASTY



SPRING MENU 2020

Monday	Tuesday	Wednesday	Thursday	Friday
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	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK ONE 6 Jan 27 Jan 24 Feb 16 Mar	Option 1	Vegetable and Chickpea Curry with 50/50 Rice 	Sausage, Mashed Potatoes and Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Tomato and Vegetable Pasta 	Fish Fingers / Salmon Fish Fingers with Chips
	Option 2	Lentil and Sweet Potato Curry with Rice 	Linda McCartney Sausages, Mashed Potato and Gravy 	Vegetable Wellington with Roast Potatoes and Gravy 	Macaroni Cheese	Tomato Pasta Bake Cheese and Tomato Quiche with Chips
	Vegetable	Sweetcorn Cabbage	Cauliflower Broccoli	Carrots Green Beans	Roasted Vegetables	Baked Beans Peas
	Dessert	Apple Flapjack Yoghurt Fresh Fruit 	Pineapple Cake Yoghurt Fresh Fruit	Apple Pie & Custard Yoghurt Fresh Fruit	Syrup Sponge with Custard Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station
WEEK TWO 13 Jan 03 Feb 02 Mar 23 Mar	Option 1	Cheese and Tomato Pizza with Wedges 	Chicken Tikka Masala (mild) with Rice	Roast (as advertised), Roast Potatoes and Gravy	Mexican Beef with Rice 	Breaded Fish with Chips
	Option 2	Sweet Potato & Vegetable Pie 	Vegan Sausage Roll with Wedges 	Quorn Roast Fillet with Roast Potatoes and Gravy	Soya Bolognaise 	Spaghetti Bolognese Cheese Frittata with Chips
	Vegetable	Sweetcorn Tomatoes	Peas Cauliflower	Carrots Green Beans	Sweetcorn Broccoli	Baked Beans Peas
	Dessert	Oaty Pear Crumble and Custard Yoghurt / Fresh Fruit 	Chocolate Cake with Chocolate Drizzle Yoghurt / Fresh Fruit	Fruit Jelly Yoghurt Fresh Fruit	Orange and Lemon Shortbread Yoghurt / Fresh Fruit	Fresh Fruit and Yoghurt Station
WEEK THREE 20 Jan 10 Feb 9 Mar 30 Mar	Option 1	Vegetable Pasta Bake 	Beef & Vegetable Casserole served with New Potatoes	Roast (as advertised), Roast Potatoes and Gravy	Chicken Stir Fry with Noodles or Rice 	Fish in Batter with Chips
	Option 2	Mexican Beans with Rice 	Vegetable Hotpot 	Potato and Courgette Stack with Roast Potatoes	Vegetable Soup with self made Sandwich or Wrap	Cheese & Tomato Pizza Homemade Vegetable Sausage with Chips
	Vegetable	Sweetcorn Broccoli	Mixed Seasonal Vegetables	Carrots Peas	Green Beans Cauliflower	Baked Beans Peas
	Dessert	Oaty Cookie Yoghurt Fresh Fruit 	Banana Sponge and Custard Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Chocolate and Orange Brownie Yoghurt / Fresh Fruit	Fresh Fruit and Yoghurt Station

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Oily Fish
-  Marine Stewardship Council
-  Chair of Custody
- www.msc.org
- Reg Code: MML-C1009

- Available Daily**
- Freshly cooked jacket potatoes with a choice of fillings
 - Bread freshly baked on site daily
 - Daily salad selection

ALLERGY INFORMATION

If your child has an allergy or intolerance, 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.