

# AUTUMN 2023 MENUS FOR THE BRASSERIES AT BARNES

An enormous amount of work goes into creating menus which offer dishes that the children love, whilst making them as healthy as parents wish.

The school's catering partner, Caterlink, is proactive and innovative in this respect. The kitchen team work very hard to incorporate as much goodness as possible into dishes, whilst cutting out unnecessary fats and sugars. Our freshly prepared school lunches contain both obvious and disguised vegetables and puddings are sweetened with natural ingredients such as honey; fruit; some vegetables such as sweet potato; and spices.

## 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

**caterlink**  
feeding the imagination

## MAKING THE RIGHT FOOD CHOICES

We are delighted to be able to share our menu for the autumn term. If you are new to the school, menus are carefully based around pupil and parent and staff feedback.

For example in Nursery, sauces are smoother and often served on the side. For Reception and Key Stage 1, we offer a large selection of salad ingredients but display them separately. These initiatives encourage children to eat the things they like whilst trying new flavours in a controlled way. In Key Stage 2 our Food Focus Group meet termly to give their input into the following term's menu. The Street Food theme day in the summer term was a huge success with children requesting the dishes they tried as a regular event. We have therefore introduced Street Food Friday from this term. Our new Bento box lunches, available just to children in Years 5 and 6, will return next summer term as they are more suitable for warmer weather.

The four destination and four theme days shown have been chosen by Food Focus representatives with input from their classmates. The kitchen team is already very excited about the new dishes that they can introduce children to on these days.

## ALLERGY INFORMATION:

If your child has an allergy or intolerance please contact the school 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.

## DESTINATION DAYS THIS TERM



## THEME DAYS THIS TERM



# AUTUMN 2023 MENU

**caterlink**  
feeding the Imagination

## MEAT FREE MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## STREET FOOD FRIDAY

### WEEK ONE

6 Sept  
25 Sept  
16 Oct  
13 Nov  
4 Dec

Option 1	Vegetable Lasagne with Garlic Bread	Beef Chilli Tacos with Herby Rice	Roast Turkey, Roast Potatoes & Yorkshire Puds	<b>KS2 Soup &amp; Build a Pizza</b> Spaghetti Bolognese & Garlic Bread	Chicken Tikka Folded Naan
Option 2	Sweet Chilli Noodles	Ratatouille Tacos with Herby Rice	Quorn Roast, Roast Potatoes & Yorkshire Puds	Quorn Meatballs with Garlic Bread	Vegan Tikka with Rice
Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
Dessert	Apple Crumble with Custard	Fresh Apple Flapjack	Chocolate Chip Biscuit	Lemon Drizzle Cake	Pancakes & Toppings

### WEEK TWO

11 Sept  
2 Oct  
1 Nov  
20 Nov  
11 Dec

Option 1	Mac & Cheese	Apple & Pear Crumble with Custard	Chicken Sausages, Potatoes & Onion Gravy	<b>KS2 Soup &amp; Sandwich</b> Chicken hotpot & crushed potatoes	Battered Fish & Chips
Option 2	Tomato & Basil Pasta	Roast Vegetable Ratatouille with Rice	Vegan Sausages, Potatoes & Onion Gravy	Roasted Vegetable Pie with Crushed Potatoes	Southern Quorn Burger & Chips
Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
Dessert	Apple & Pear Crumble with Custard	Cherry & Coconut Flapjack	Chocolate Brownie	Carrot Cake	Vanilla Biscuit

### WEEK THREE

18 Sept  
9 Oct  
6 Nov  
27 Nov  
18 Dec

Option 1	Cheese and Tomato Pizza & Garlic Wedges	Beef Lasagne & Garlic Bread	Roast Chicken, Roast Potatoes & Yorkshire Puds	<b>KS2 Soup &amp; Build a Pizza</b> Turkey & Leek Pie with Mash	BBQ Chicken Pittas with Wedges
Option 2	Pesto Pasta & Garlic Bread	Spinach & Sweet Potato Curry with Yellow Rice	Vegetable Slice, Roast Potatoes & Gravy	Shepherdess Pie with Mixed Potato Topping	Vegetable Fajitas with Wedges
Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
Dessert	Fruit Puff with Custard	Dried Fruit Flapjack	Waffle & Fruit	Banana Cake	Carrot & Courgette Cake

Available Daily • Bread freshly baked on site • Salad selection