

# SPRING 2023 MENUS FOR THE BRASSERIES AT BARNES

During these difficult times, when all families are experiencing increased costs for the weekly food shop, it is even more important to provide our pupils a hot, nutritious, seasonal meal daily.

Our school chef, Lisa Higgins talks with bistro staff and pupils to understand the most popular dishes so that no food is wasted and children don't go home hungry. Generous parents have asked to pay for school meals for a family-in-need's child so they can stay on school meals during this period of financial crisis for some in our community. You can do this via Pay360, clicking the School Buddy contribution link next to your child's meal cost entry. Such generosity is very gratefully received.

## 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

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feeding the imagination

## MAKING THE RIGHT FOOD CHOICES

The new Food Focus Group met in the Autumn Term to feed back on suggested menus and to decide on their choices for destination and theme days for the Spring term. It is important to both the school and Caterlink to educate pupils on different foods from around the world and to expand their palates with new dishes and flavours. The Food Focus Group chose those shown here with feedback from their classmates.

Destination and theme days are extremely popular and those who normally have a packed lunch have told us that they feel that they miss out. So, from this term, we are offering tickets to purchase either four or eight destination and theme day lunches per term so that your child can enjoy the excitement with their friends. Tickets for these special days can be purchased via Pay360 at any time at £10.60 for four meals and £21.20 for eight. Destination and theme day dates will be detailed on our website and we will also remind parents the week prior via the newsletter. The school will maintain a list of meals purchased this way so your child simply needs to go up to the counter on the day to enjoy their special lunch.

## 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



# SPRING 2023 MENU

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**WEEK ONE**

4 Jan  
23 Jan  
20 Feb  
13 Mar  
3 Apr

Option 1	Vegetable Bolognese with Penne Pasta & Homemade Garlic Bread	Chicken Sausages with Onion Mash & Gravy	Roast Chicken, Roast Potatoes & Gravy	Keema Minced Lamb Curry with Coriander Rice <b>KS2: Soup, Build your own Pizza</b>	<b>FAST FOOD FRIDAY</b> Chicken Burger & Wedges
Option 2	Spring Vegetable Chow Mein with Sweet Chilli Sauce	Veggie Sausages with Onion Mash & Gravy	Mediterranean Vegetable Slice, Roast Potatoes & Gravy	Roasted Vegetable Lasagne	Quorn Burger & Wedges
Vegetables	Peas Carrots	Broccoli Peppers	Green Beans Cauliflower	Roasted Carrots Broccoli	Peas Baked Beans
Dessert	Chocolate Chip Shortbread Yoghurt / Fresh Fruit	Apple & Forest Fruit Crumble & Custard Yoghurt / Fresh Fruit	Marble Cake Yoghurt / Fresh Fruit	Toffee Flapjack Yoghurt / Fresh Fruit	Strawberry Mousse Pot Yoghurt / Fresh Fruit

**WEEK TWO**

9 Jan  
30 Jan  
27 Feb  
20 Mar

Option 1	Cheese, Tomato & Red Pesto Pizza	<b>QUIRKY BIRD</b> A choice of flavoured Chicken or vegan Quorn, with Potato Wedges & Salads	 Roast Turkey, Roast Potatoes, Stuffing & Gravy	Classic Beef Ragout Lasagne <b>KS2: Soup, Build your own Pizza</b>	<b>FAST FOOD FRIDAY</b> Fish Fingers with Chips
Option 2	Sweet & Sour Quorn Pieces with Egg Fried Rice		Quorn Roast, Roast Potatoes & Gravy	Vegetable Tikka Masala with Fragrant Rice	Vegan Mexican Roll & Chips
Vegetables	Stir Fried Mixed Vegetables	Sweetcorn Mixed Peppers	Green Beans Carrots	Broccoli Cauliflower	Peas Baked Beans
Dessert	Marble Sponge & Custard Yoghurt / Fresh Fruit	Lemon Drizzle Cake Yoghurt / Fresh Fruit	Vanilla Iced Biscuit Yoghurt / Fresh Fruit	Oaty Flapjack Yoghurt / Fresh Fruit	Cherry & Coconut Cake Yoghurt / Fresh Fruit

**WEEK THREE**

16 Jan  
6 Feb  
6 Mar  
27 Mar

Option 1	<b>MAC &amp; CHEESE</b> A choice of different Mac & Cheese flavours with Topping: Butternut Squash or Spinach	 Mexican Chicken Burritos with Spicy Wedges	Roast Gammon, Roast Potatoes & Gravy	Chicken Meatballs with a Tomato Sauce <b>KS2: Soup, Build your own Pizza</b>	<b>FAST FOOD FRIDAY</b> Chicken Goujons & Chips
Option 2		Chilli Quorn Taco served with Spicy Wedges	Quorn Shepherds Pie with Cheesy Crust	Vegetable Fajitas with Spicy Wedges	Southern Style Vegan Burger & Chips
Vegetables	Peas Sweetcorn	Roasted Cauliflower Green Beans	Broccoli Peas Sweetcorn	Carrots Peppers	Peas Baked Beans
Dessert	Apple & Cinnamon Cake with Custard Yoghurt / Fresh Fruit	Carrot Cake Muffin Yoghurt / Fresh Fruit	Chocolate Brownie & Chocolate Sauce Yoghurt / Fresh Fruit	Fruity Flapjack Yoghurt / Fresh Fruit	Citrus Cake Yoghurt / Fresh Fruit

Available Daily • Bread freshly baked on site • Salad selection