

NEW MENUS SPRING 2021 FOR THE BRASSERIES AT BARNES

THE
LITTLE
BRASSERIE
— AT BARNES —

THE
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 Little Brasserie and The Brasserie at Barnes, we offer a wide variety of food choices to ensure that your child has dishes to look forward to and enjoy each day.

The school must still offer a slightly different menu (for example 'grab and go' puddings) to enable social distancing at this time. However, we have incorporated recent feedback from both children and parents in the development of this term's menu.

Comments that portion sizes are sometimes too small have also been taken on board. Signs will be put up on the counter reminding children that they can ask for a larger portion, or more after they have finished. We will reinforce this message to children in class.

Please share these menus with your child. The importance of a nutritious lunch – and trying new dishes – is something that the school and the kitchen team support and encourage.

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

Keep in touch

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

Visit our informative web link:

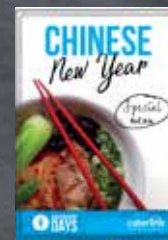
www.caterlinkltd.co.uk

email: **info@caterlinkltd.co.uk**

or call **01892 824604**



DISCOVERY DAYS FEATURED THIS TERM



In Partnership with:



FRESH + HEALTHY = TASTY

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.



SPRING MENU 2021

Monday

Tuesday

Wednesday

Thursday

Friday

WEEK ONE

6 Jan
25 Jan
22 Feb
15 Mar

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|------------|---------------------------|--|---|---|---|
| Option 1 | Macaroni Cheese | Pork Sausages, Mashed Potatoes & Gravy | Roast Chicken with Stuffing, Roast Potatoes & Gravy | Chicken Tikka Curry with 50/50 Rice | Fish Fingers/Salmon Fish Fingers with Chips |
| Option 2 | Soya Spaghetti Bolognaise | Vegetarian Sausages, Mashed Potatoes & Gravy | Vegetable Wellington with Roast Potatoes & Gravy | Lentil & Sweet Potato Curry with 50/50 Rice | Wholemeal Cheese & Tomato Quiche with Chips |
| Vegetables | Sweetcorn Peppers | Cauliflower Cabbage | Swede Green Beans | Broccoli Carrots | Baked Beans Peas |
| Dessert | Marble Sponge Fresh Fruit | Pineapple Cake Fresh Fruit | Lemon & Orange Shortbread Fresh Fruit | Flapjacks Fresh Fruit | Fruit Ice Lolly Fresh Fruit |

WEEK TWO

11 Jan
1 Feb
1 Mar
22 Mar

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|------------|--------------------------------|-------------------------------------|---|---|-----------------------------|
| Option 1 | Vegetable Tagine with Couscous | Mexican Beef Chilli with 50/50 Rice | Roast Turkey, Roast Potatoes & Gravy | Tandoori Chicken or Brazilian Coconut Chicken with Rice or Flat Bread | Fish in Batter with Chips |
| Option 2 | Chickpea Curry with 50/50 Rice | Vegetable Hotpot | Quorn & Vegetable Roast, Roast Potatoes & Gravy | Quorn Pieces with Houmous in a Flat bread or with Turmeric Rice | Cheese Frittata with Chips |
| Vegetables | Sweetcorn Tomatoes | Peas Carrots | Fresh Mixed Vegetables | Red Cabbage Slaw Tabbouleh Mango & Iceberg Salad | Baked Beans Peas |
| Dessert | Flapjack Fresh Fruit | Chocolate Cake Fresh Fruit | Citrus Shortbread Fresh Fruit | Pear & Ginger Slice Fresh Fruit | Fruit Ice Lolly Fresh Fruit |

WEEK THREE

18 Jan
8 Feb
8 Mar
29 Mar

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|------------|------------------------------------|---|---|--|------------------------------------|
| Option 1 | Cheese & Tomato French Bread Pizza | Chicken & Sweetcorn Pie, New Potatoes & Gravy | Roast (as advertised), Roast Potatoes & Gravy | Cottage Pie with Gravy | Fish Fingers with Chips |
| Option 2 | Vegetable Wraps | Five Bean Chilli with 50/50 Rice | Lentil & Tomato Whirl with Roast Potatoes | Broccoli & Cheese Pasta Bake | Vegan Mexican Bean Roll with Chips |
| Vegetables | Coleslaw Mixed Salad | Sweetcorn Broccoli | Peas Cauliflower | Green Beans Carrots | Baked Beans Peas |
| Dessert | Oaty Cookie Fresh Fruit | Banana Sponge Fresh Fruit | Chocolate Cookie Fresh Fruit | Chocolate & Mandarin Brownie Fresh Fruit | Fruit Ice Lolly Fresh Fruit |

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

Available Daily

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY 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.