

ONE

TWO

THREE

AVAILABLE  
EVERY DAY...31 Dec, 21 Jan,  
11 Feb, 11 March, 1 Apr7 Jan, 28 Jan,  
25 Feb, 18 Mar14 Jan, 4 Feb,  
4 Mar, 25 Mar

**Sweet & Sour Chicken with Noodles**  
**Vegetable Wholemeal Pasta Bake**  
 Sweetcorn & Green Beans  
**Apple & Sultana Sponge with Custard,**  
**Natural Flavoured Yoghurt / Fresh Fruit**

**Spaghetti Bolognese & Garlic Slice**  
**Wholemeal Spinach & Tomato Quiche**  
**with New Potatoes**  
 Sliced Carrots & Peas  
**Pear Crumble & Ice Cream**  
**Natural Flavoured Yoghurt / Fresh Fruit**

**Roast Pork with Roast Potatoes & Gravy**  
**Quorn Roast with Roast Potatoes**  
**& Gravy**  
 Cauliflower & Swede  
**Oaty Cookie**  
**Natural Flavoured Yoghurt / Fresh Fruit**

**Chilli Con Carne with Rice**  
**Soya Mince & Vegetable Stir Fry**  
**with Noodles**  
 Sweetcorn & Mixed Peppers  
**Pineapple Upside Down Cake**  
**with Custard**  
**Natural Flavoured Yoghurt / Fresh Fruit**

**MSC Breaded Fish with Chipped**  
**Potatoes & Tomato Sauce**  
**Glamorgan Sausage with**  
**Chipped Potatoes**  
 Baked Beans & Garden Peas  
**Short Bread Biscuit**  
**Yoghurt & Fruit Station**

**Hot Dogs with Homemade Tomato**  
**Sauce & Homemade Jacket Wedges**  
**Quorn Mince Vegetarian Chilli**  
**with Rice**  
 Sweetcorn & Peas  
**Chocolate Shortbread**  
**Natural Flavoured Yoghurt / Fresh Fruit**

**Chicken & Sweetcorn Puff Pastry Pie**  
**with New Potatoes & Gravy**  
**Lentil & Vegetable Curry with Rice**  
 Broccoli & Diced Swede  
**Banana Sponge & Custard**  
**Natural Flavoured Yoghurt / Fresh Fruit**

**Roast Turkey with Roast Potatoes**  
**& Gravy**  
**Cheese & Pepper Whirl**  
**with Roast Potatoes**  
 Sliced Carrots & Green Beans  
**Apple, Cheese & Biscuits**  
**Natural Flavoured Yoghurt**  
**/ Fresh Fruit**

**Beef Lasagne with Garlic Slice**  
**Quorn & Mixed Bean Cassoulet**  
**with Mashed Potato**  
 Peppers & Sweetcorn  
**Wholemeal Mixed Fruit Crumble**  
**& Custard**  
**Natural Flavoured Yoghurt / Fresh Fruit**

**MSC Battered Fish with Chipped**  
**Potatoes & Tomato Sauce**  
**Cheese Tomato & Spinach Frittata**  
**with Chipped Potatoes**  
 Baked Beans & Garden Peas  
**Apple Flap Jack**  
**Yoghurt & Fruit Station**

**Wholemeal BBQ Chicken Pizza**  
**with Potato Wedges**  
**Quorn Sausages in a Hot Dog Roll**  
**with Potato Wedges**  
 Sweetcorn & Diced Peppers  
**Oaty Peach Crumble & Custard,**  
**Natural Flavoured Yoghurt / Fresh Fruit**

**Beef & Vegetable Hotpot**  
**with Sliced Potatoes**  
**Macaroni Cheese**  
 Broccoli & Carrots  
**Lemon & Mixed Berry Cake**  
**Natural Flavoured Yoghurt / Fresh Fruit**

**Roast Chicken & Stuffing with Roast**  
**Potatoes & Gravy**  
**Spiced Vegetable, Chickpea & Soya**  
**Pattie with Roast Potatoes & Gravy**  
 Shredded Cabbage & Peas  
**Mandarins & Ice Cream**  
**Natural Flavoured Yoghurt / Fresh Fruit**

**Meat Balls in Tomato**  
**& Herb Sauce served with Rice**  
**Vegetable & Apricot Tagine**  
**with Couscous**  
 Roasted Vegetable & Medley  
**Chocolate & Mandarin Brownie**  
**Natural Flavoured Yoghurt / Fresh Fruit**

**MSC Salmon Fish Fingers/Cod Fish**  
**Fingers with Chipped Potatoes &**  
**Tomato sauce**  
**Wholemeal Cheese & Tomato Pizza**  
**with Chipped Potatoes**  
 Baked Beans & Garden Peas  
**Iced Drizzle Sponge**  
**Yoghurt & Fruit Station**

**Bread**

freshly baked on site daily

**Daily salad selection**there will be a selection of salad  
items available daily**Fresh Fruit &  
Yoghurt**

available daily

**WE USE LOCALLY  
SOURCED INGREDIENTS  
WHEN AVAILABLE  
AND IN SEASON**

All our menus are  
nutritionally analysed to  
ensure they meet and in  
most cases exceed  
**The School Food Standards**  
 We hope your child enjoys  
our new menus.

Menus could be subject to  
local change, please check  
your child's school for any  
bespoke changes.

**V** Vegetarian option

 Oily fish

 Marine Stewardship  
Council details  
Web: [www.msc.org](http://www.msc.org)  
Chain of Custody  
Registration Code  
MML - C 1009

# WHAT'S FOR LUNCH THIS SPRING...

**caterlink**  
feeding the imagination

**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 Assured 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! JoJoe Crow, our friendly primary school mascot, is always out in our sponsored school kitchen gardens 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.mycaterlink.co.uk/rbwm](http://www.mycaterlink.co.uk/rbwm)  
email: [info@caterlinktd.co.uk](mailto:info@caterlinktd.co.uk)  
or call 01892 824604

All our menus are nutritionally analysed to ensure they meet and in most cases exceed **The School Food Standards**. We hope your child enjoys our new menus.

[www.mycaterlink.co.uk/rbwm](http://www.mycaterlink.co.uk/rbwm)

Please visit  
the website for  
current updates

FRESH  
+  
HEALTHY  
=  
TASTY



## Universal infant Free School Meals

Don't forget if your child is in Reception, Year 1 or Year 2 they can enjoy a meal each day without charge, irrespective of income. However you still need to register if you are entitled to Free School Meals. This is important and helps schools funding.

## Free School Meals

Low Income - Are you missing out? to check if you are entitled to Free School Meal entitlement ask at your school office.

## ALLERGY INFORMATION:

If your child has an allergy or intolerance please speak to your child's school or the Cook Manager on site for information.

Forms available through our website or via the school.

