

## Your New Autumn/Winter Menu is here!

| Autumn Winter 2025 2026   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|--|---|---|
| WEEK ONE  | Option One<br>Plant Balls in Tomato Sauce with Rice                      | Beef Lasagne with Garlic Bread   | Roast Chicken, Stuffing, Roast Potatoes and Gravy                                | NEW Chicken Biryani   | Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce |
|   | Option Two<br>Autumn Vegetable Lasagne                                   | Beetroot and Lentil Burger in a Bun with Potato Wedges                       | Vegetarian Wellington with Roast Potatoes and Gravy                              | NEW BBQ Sausage Pasta with Garlic Bread                           | Cheese and Bean Fatty with Chips and Tomato Sauce           |
|   | Vegetables<br>Dessert<br>Vegetables of the Day<br>Cheese and Crackers    | Vegetables of the Day<br>Vegetables of the Day                               | Vegetables of the Day<br>Fruit Medley  | Vegetables of the Day<br>Jelly with Mandarins                     | Vegetables of the Day<br>Syrup Sponge with Custard          |
| WEEK TWO  | Option One<br>Classic Cheese and Tomato Pizza with Wedges                | Spaghetti Bolognese  | CHICKEN SHACK<br>BBQ Chicken or Quorn with Seasoned Potatoes and Sweetcorn Salsa | Meatballs in Tomato Sauce with Rice                               | Breaded Fish or Fishfingers with Chips & Tomato Sauce       |
|   | Option Two<br>Mild Mexican Chilli with Rice                              | Vegan Spaghetti Bolognese  | Vegetables of the Day  | Creamy Chickpea and Coconut Curry with Rice                       | Cheese Whirl with Chips and Tomato Sauce                    |
|   | Vegetables<br>Dessert<br>Vegetables of the Day<br>NEW Gingerbread Cookie | Vegetables of the Day<br>Chocolate and Beetroot Brownie with Chocolate Sauce | Vegetables of the Day<br>Fruit Salad   | Vegetables of the Day<br>Sticky Toffee Apple Crumble with Custard | Vegetables of the Day<br>Vanilla Shortbread                 |
| WEEK THREE  | Option One<br>Macaroni Cheese  | NEW Chicken 50% Enchilada Bakes with Paprika Wedges                          | Sausage with Roast Potatoes and Gravy  | Caribbean Chicken with Golden Rice                                | Fishfingers with Chips & Tomato Sauce                       |
|   | Option Two<br>NEW Chefs Special Lentil Curry with Rice                   | Tomato Pasta   | Vegan Sausage and Roast Potatoes with Gravy                                      | Caribbean Stew with Golden Rice                                   | Red Pepper Frittata with Chips & Tomato Sauce               |
|   | Vegetables<br>Dessert<br>Vegetables of the Day<br>Oaty Cookies           | Vegetables of the Day<br>Pear Crumble with Custard                           | Vegetables of the Day<br>Fruit Salad   | Vegetables of the Day<br>NEW Jamaican Ginger Cake with Custard    | Vegetables of the Day<br>Cornflake Tart                     |
| MENU KEY  |  |  |  |   |   |
| Added Plant Protein  Wholemeal  Vegan  Chef's Special   |  |  |  |   |   |
| Available Daily: - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily - Daily salad selection - Fresh fruit and yoghurt |  |  |  |   |   |

We are very excited to share with you, the new menu for Autumn / Winter 25 - 26.

Our menus change twice yearly October to April (Autumn/Winter) April to October (Spring/Summer) This new menu will run from October 2025, running through to Easter half-term 2026. This new menu is packed with old favorites and new dishes, plus our new concept Caribbean Carnival, more if on this below.



## OUR NEW Menu Information Menu for Parent's and Carers

### Autumn Winter 2025/26 Menu Information

**Menu Key**  
Freshly Made on Site from Scratch by our brilliant Catering Team

**Added Plant Protein** (25% of the Protein in the Dish comes from Plant Based Sources)

**Vegan Options**

**A Source of Wholemeal Carbohydrates**

**At Least 50% of the Dessert is Fruit**

**Bad Tractor Awarded British Meat**

**MSC Certified Sustainable Seafood**

**More Government Free Sugar Recommendations for School Lunch (5g free sugar or less)**

**Food For Life Silver Standard (FFLSSH)** is an independent accreditation which we have achieved for the quality of our food. It is a food for life award which means our food is fresh, local, sustainable and ethical. To gain accreditation you must get involved in the local community, making local meat is Red Tractor certified, our meals are free from sugar, and we only use sustainably sourced fish, such as MSC. The standards also demonstrate our menu uses less ultra-processed food. We also offer a range of fresh and homemade dishes that our customers will enjoy. Read more about the FFL Silver award [here](#) - click for full details on what we do to earn it!

**Our recipes all meet the School Food Standard nutritional requirements for their age. We provide visual portion guidance for each dish, including a portion size guide for each dish. Our dishes are also designed to offer a variety of vegetables, whole grains and protein-rich foods. For more information about the School Food Standards, click [here](#).**

**We do not serve any chocolate or confectionery within our school meals, including the School Food Standards. Our chocolate products contain only cocoa powder.**

**All our meals meet the School Food Standards, meaning our meals are nutritious and contain a variety of different foods. For more information about the School Food Standards, click [here](#).**

**The average daily sugar content of this meal is 5g, which is well under the government recommendation of 16g.**

**Taste Test Panel**  
Tasteful School Year 2 & 3  
"I don't really like this but I think this is really good!"  
Tasteful School Year 4 & 5  
"Apple Crumble Cake - I can't wait to have this again in the menu!"  
Tasteful School Year 6 & 8  
"That Green Curry - I've never tried it before but this is summer can have more power!"

**WEEK ONE**

|  |  |  |  |  |
|--|--|--|--|--|
| MONDAY                                 | TUESDAY                                | WEDNESDAY                              | THURSDAY                               | FRIDAY                                 |
| Autumn Winter 2025/26 Menu Information |

**WEEK THREE**

|  |  |  |  |  |
|--|--|--|--|--|
| MONDAY                                 | TUESDAY                                | WEDNESDAY                              | THURSDAY                               | FRIDAY                                 |
| Autumn Winter 2025/26 Menu Information |

Available from your school reception



### What is Caribbean Carnival?

Caribbean food is full of bold, rich flavours, using combination of spices and fresh ingredients, culminating in dishes that are both vibrant in flavour and colour. We have worked hard to create these dishes full of Caribbean flavours in mind, but without All of the spice, so everyone can enjoy

and experience the Caribbean food whatever their spice tolerance. The concept and dishes have been tried, tested and adapted in several Primary schools and the feedback from the children, school staff and parents has all been very positive.



Mild Caribbean Chicken with Rice and Peas



Caribbean Butterbean Stew with Rice



## Our Primary School Approach to Safe Allergen Management

### STEP 1

You can request a special diet menu by completing and returning our Allergy & Intolerance Form which can be found on our web site <https://caterlinkltd.co.uk/school/caterlink-primary-division/>, along with supporting medical evidence from an NHS professional (a GP/consultant or registered dietitian). This can be a letter, copy of medical notes, an Allergy Action Plan signed by a medical professional or a screenshot from the NHS app. Medical evidence is an industry-wide requirement, recommended by the Lead Association for Catering in Education (LACA). Until this information has been provided and a medical diet produced, any children with food allergies or intolerances will be provided with a jacket potato with baked beans, vegetables, and fresh fruit salad, if the allergy does not include any of these foods.

### STEP 2

The Caterlink team will then assess the risk for each request, using the LACA Special Diet Risk Analysis Process for Caterers where required. The risk analysis looks at the pupil's requirements, the capability of the kitchen facilities and the school environment to determine if the request is low, medium, or high risk. In most cases the risk level is low or medium, and we are likely to be able to provide a special diet menu. If the risk level is high, we may be unable to provide a meal, and we will discuss this with you as soon as possible.

### STEP 3

Our Caterlink nutrition team will then develop the special diet menu, with at least one suitable meal option daily. This can take up to four weeks from receiving the Allergy & Intolerance form and supporting medical evidence. The school will be advised once the menu is ready.

## Portion size



We often get asked by parents about the portion sizes that we give as a company. As a company, we adhere to the portion sizes outlined in the Government's School

Food Standards, to ensure that children receive adequate quantities of food for their requirements. This details how much protein, carbohydrates and vegetables should be on a main meal, and what the portion size of desserts. Whilst we follow the School Food Standards, we also offer unlimited vegetables, salads and freshly baked breads so if your child has more of an appetite on a given day, they can take more additional items.

Food for Life, which was created by the Soil Association, started in 2003 with the aims of making healthy, tasty and sustainable meals the norm for all to enjoy, reconnecting people with where their food comes from, teaching them how food is grown and cooked, and championing the importance of well-sourced ingredients.



### The Food For Life Served Here award ensures:

- Food served is fresh
- Healthy eating is made easy
- The food we buy is sustainable and ethical
- Local farmers & food producers are supported

Everyone eating a Caterlink primary school lunch can be sure that they are eating from a menu that meets at least the Food For Life Served Here



We would like to welcome all the new children and families who joined in September and share with you a little bit more information about Caterlink, school meals and our offer. See attached full size posters.

