

Your New Autumn/Winter Menu is here!

Autumn Winter 2025/2026	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
WEEK ONE	Option One 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	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 Pasty with Chips and Tomato Sauce			
Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day		Vegetables of the Day		Vegetables of the Day			
Dessert	Cheese and Crackers	NEW Apple Crumb Cake with Custard	Fruit Medley		Jelly with Mandarins		Syrup Sponge with Custard			
WEEK TWO	Option One Classic Cheese and Tomato Pizza with Wedges	Spaghetti Bolognese	CHICKEN SHACK BBQ Chicken or Quorn with Seasoned Potatoes and Sweetcorn Salata		Meatballs in Tomato Sauce with Rice		Breaded Fish or Fishfingers with Chips & Tomato Sauce			
Option Two	Mild Mexican Chili with Rice	Vegan Spaghetti Bolognese	Vegetables of the Day		Creamy Chickpea and Coconut Curry with Rice		Cheese Whirl with Chips and Tomato Sauce			
Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day		Vegetables of the Day		Vegetables of the Day			
Dessert	NEW Gingerbread Cookie	Chocolate and Beetroot Brownie with Chocolate Sauce	Fruit Salad		Sticky Toffee Apple Crumble with Custard		Vanilla Shortbread			
WEEK THREE	Option One Macaroni Cheese	NEW Chicken 50% Enchilada Bake with Paprika Wedges	Sausage with Roast Potatoes and Gravy		Mild Caribbean Chicken with Golden Rice		Fishfingers with Chips & Tomato Sauce			
Option Two	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	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day		Vegetables of the Day		Vegetables of the Day			
Dessert	Oaty Cookies	Pear Crumble with Custard	Fruit Salad		NEW Jamaican Ginger Cake with Custard		Cornflake Tart			
MENU KEY	Added Plant Protein Wholemeal Vegan Chef's Special							ALLERGY INFORMATION: If you would like to know about particular ingredients in foods please ask a member of the catering team 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 allergen cross contact.		
Available Daily: - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection - Fresh Fruit and Yogurt										

We are very excited to share with you, the new menu for **Autum / 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.

Brighter Futures for Children

OUR NEW Menu Information Menu for Parent's and Carers

Autumn Winter 2025/26 Menu Information

Menu Key
Finally Made us Site Based Sweets by our In-house Confectionery Team

Added Plant Protein (20% of the Protein in the Dish comes from Plant Based Sources)

Vegan Option

A Source of Wholemeal Carbohydrates

At Least 10% of the Dessert is Fruit

Red Tractor Assured British Meat

RSC Certified Sustainable Seafood

Meat Government Free Sugar Recommendations for a School Lunch (6.5g per 100g or less)

Food for Life Silver Award (FFL Silver) is an independent accreditation which we have been awarded year-on-year since 2008, and our Silver award shows that our food is fresh, local, sustainable and ethical. To gain accreditation you must get points from the FFL Silver standards, meaning local meat is used, fresh seasonal veg and fruit, and we use a lot of plant-based proteins, such as lentils, chickpeas, and soya. We also use a lot of plant-based proteins, such as lentils, chickpeas, and soya. We also use a lot of plant-based proteins, such as lentils, chickpeas, and soya.

Taste Test Panel
Tullaghan School Year 5-6 Children-Beyoncé "I don't really like the food, but this is really good!"
Tullaghan School Year 5-6 Apple Crumble Cake "I've never tried The food before, but this is yummy, can I have more please?"
Devonshire School Year 5-6 "I've never tried The food before, but this is yummy, can I have more please?"

Homepages: School Food Plan

WEEK ONE

Monday	Tuesday	Wednesday	Thursday	Friday
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
Autumn Vegetable Lasagne	Beefroot 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 Pasty with Chips and Tomato Sauce
Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
Cheese and Crackers	NEW Apple Crumb Cake with Custard	Fruit Medley	Jelly with Mandarins	Syrup Sponge with Custard

WEEK TWO

Monday	Tuesday	Wednesday	Thursday	Friday
Classic Cheese and Tomato Pizza with Wedges	Spaghetti Bolognese	BBQ Chicken or Quorn with Seasoned Potatoes and Sweetcorn Salad	Meatballs in Tomato Sauce with Rice	Breaded Fish or Fishfingers with Chips & Tomato Sauce
Mild Mexican Chili with Rice	Vegan Spaghetti Bolognese	Vegetables of the Day	Creamy Chickpea and Coconut Curry with Rice	Cheese Whirl with Chips and Tomato Sauce
Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
NEW Gingerbread Cookie	Chocolate and Beefroot Brownie with Chocolate Sauce	Fruit Salad	Sticky Toffee Apple Crumble with Custard	Vanilla Shortbread

WEEK THREE

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese	NEW Chicken 50% Enchilada Bake with Potato Wedges	Sausage with Roast Potatoes and Gravy	Mild Caribbean Chicken with Golden Rice	Fishfingers with Chips & Tomato Sauce
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 of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
Oaty Cookies	Pear Crumble with Custard	Fruit Salad	NEW Jamaican Ginger Cake with Custard	Cornflake Tart

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.

