

13th March 2023

Dear Parents and Carers,

We are excited to announce that when we return from the Easter half term Chartwells will be replaced as our midday meal provider by Caterlink. This change will take effect from Monday 17th April.

Our aim is that this transition will be as smooth as possible for our families, parent pay will remain our payment method at present although we are exploring ways to make this easier for parents.

There is a slight increase in price and, as of 17th April, school meals will be charged at £2.60 per meal.

We would like to take this opportunity to remind families that all children in years R-2 receive free schools meals and those in years 3-6 can see if they are eligible for free school meals by visiting <https://www.kent.gov.uk/education-and-children/schools/free-school-meals>

Please see below for more information about Caterlink meals and their menu which comes into effect after the Easter break.

If you have any further questions please do not hesitate to contact us

Yours sincerely

Mrs G Sherwin

Headteacher



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

17 April
8 May
5 June
26 June
17 July
28 August
18 September
9 October

Option one	MEAT FREE MONDAYS Cheese & Tomato Pizza with New Potatoes	Beef Lasagne with Garlic Bread	Sausage, Roast Potatoes & Gravy	Quirky Bird BBQ or Lemon & Herb Chicken	Fishfingers with Chips & Tomato Sauce
Option two	Crunchy Topped Vegetable Bake with New Potatoes	Wholemeal Vegetable Pasta Bake	Family Pie - Potato, Spinach & Cheese Pie with Roast Potatoes	BBQ or Lemon & Herb Vegan Quorn with Jollof Rice & Salads	Mexican Bean Roll with Chips & Tomato Sauce
Vegetables	Peas Coleslaw	Green Beans Carrots	Mixed Vegetables	Sweetcorn & Peas	Peas Baked Beans
Dessert	NEW Syrup Snap Biscuit	Iced Vanilla Sponge	Fruit Jelly with Mandarins	Oaty Cookie	Fresh Fruit Salad or Yogurt

WEEK TWO

24 April
15 May
12 June
3 July
24 July
4 September
25 September
16 October

Option one	Mac and Cheese Concept	Pork Sausage Hot Dog with Potato Wedges	Roast Chicken with Roast Potatoes	Chef's Special Chicken Korma with Rice	Fishfingers with Chips & Tomato Sauce
Option two	A choice of different Mac & Cheese vegetarian toppings	Vegan Sausage Hot Dog with Potato Wedges	Potato and Courgette Layer Bake	Vegetable Wellington with New Potatoes & Gravy	NEW Veggie BEET Burger with Chips & Tomato Sauce
Vegetables	Peas & Sweetcorn	Beans & Coleslaw	Carrots & Cabbage	Broccoli & Sweetcorn	Peas Baked Beans
Dessert	Apple Crumble with Cream	Chocolate Shortbread	Peaches & Ice Cream	Summer Lemon Cake	Fresh Fruit Salad or Yogurt

WEEK THREE

1 May
22 May
19 June
10 July
11 September
2 October

Option one	Tomato Pasta Bake with a Cheese Topping	Yamas! NEW Greek Chicken Pita with Seasoned Wedges	Roast Gammon, Roast Potatoes, Stuffing & Gravy	Spaghetti Bolognese	Fishfingers with Chips & Tomato Sauce
Option two	New Chinese Vegetable Noodles	NEW Spinach & Cheese Whirl with Seasoned Wedges	Quorn Vegan Fillet with Stuffing, Roast Potatoes & Gravy	Vegan Spaghetti Bolognese	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
Vegetables	Peas & Carrots	Green Beans & Sweetcorn	Mixed Vegetables	Fresh Salad Rainbow Slaw	Peas Baked Beans
Dessert	NEW Cornflake Tart	Carrot & Courgette Cake	Apple, Cheese & Crackers	Apple Flapjack	Fresh Fruit Salad Yogurt

MENU KEY

- Added Plant Power
- Wholemeal
- Vegan
- Chef's Special

Available Daily:

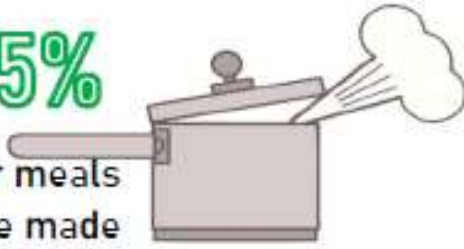
- Freshly cooked jacket potatoes with a choice of fillings (where advertised) - Fresh Bread - Daily salad selection - Fruit

ALLERGY INFORMATION

If you would like to know about particular allergens 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 cross contamination.

WHY CHOOSE A CATERLINK SCHOOL MEAL?

95%
of our meals
are made
FRESH on site daily




All of our menus are compliant to the **SILVER STANDARD** as a minimum



 **QUALITY INGREDIENTS**

such as MSC fish, red tractor meat and RSPCA assured free range eggs

 **NUTRITIOUS & BALANCED** and include a portion of protein, a portion of carbohydrates and two portions of vegetables

Our nutrition team ensure all menus meet the


We offer a **SALAD BAR & FRESHLY BAKED BREAD** for children to help themselves to



SCHOOL FOOD STANDARDS

for dishes and portion sizes

We have increased our range of **SUSTAINABLE OPTIONS** including our Added Plant Power dishes , our vegan dishes  and through encouraging meat free days on menus

 Our **DESSERTS** not only contain important nutrients such as calcium and zinc but are also in line with guidance on sugars. Fresh fruit and yoghurt are also offered daily



All of our **PORTION SIZES** are compliant, ensuring that we are not offering children too much or too little food for their **ENERGY** requirements.

FREQUENTLY ASKED QUESTIONS

What are the School Food Standards?

The School Food Standards were developed by government and are a set of food-based standards to ensure menus are nutritious, balanced and healthy. Examples include offering wholemeal starchy foods, having oily fish on the menu, and limiting pastry. Find out more: www.schoolfoodplan.com

How much sugar are in your desserts?

In line with recommendations to reduce free sugars (free sugars are added sugars – those not naturally found in fruit or milk) and the Children's Food Trust guidance, Caterlink have reduced the sugar content of all desserts to under 6.5g of free sugars per portion. Across our menus the average sugar content per day is 4.5g of free sugars, so you can be sure your child is getting healthy desserts.

Is my child getting enough food?

All recipes are created in line with the School Food Standards recommended portion sizes and are checked by a nutritionist. As well as the main meal, vegetables and dessert, we also offer bread and salad daily for the children to take.

What is MSC fish?

By choosing fish with a Marine Stewardship Council blue label, we can ensure that we are supporting sustainable fisheries and protecting the ocean. All fish on our menu is MSC certified.

What is red tractor meat?

Red tractor ensures that we can trust that all of the meat that we buy and know that it has to meet strict standards such as animal welfare, traceability, food safety and environmental protection. We have a British First Policy and all of our meat products are traceable from farm to fork.

How much salt is in your food?

We work with suppliers to ensure products are in line with the Government Salt Targets. We also don't add salt to our recipes as per the School Food Standards.

What is the Food for Life Served Here award?

Food for Life Served Here is a set of criteria ensuring that food served is healthy, local, seasonal and fresh. We operate all of our schools on their silver standards as a minimum. We were the first education caterer to be awarded the Food For Life award. Find out more: www.foodforlife.org.uk

What are Added Plant Power dishes?

Added plant power dishes are recipes where the protein comes from a mixture of meat and plant-based proteins such as beans, chickpeas, or lentils, such as a chilli con carne with kidney beans in. This makes the dishes more environmentally friendly (a 50% reduction in greenhouse gases), whilst reducing saturated fat content and increasing fibre.

DO YOU KNOW
ABOUT...

FREE



UNIVERSAL INFANT
SCHOOL MEALS?



EVERY child in Reception, Year 1 and Year 2
can have a cooked school lunch

FRESHLY MADE

HEALTHY

NUTRITIOUS

at absolutely no cost to you! –
funded by the Government

Please contact your school for more information!

caterlink
feeding the imagination