WHAT'S FOR LUNCH THIS AUTUMN/WINTER?

Caterlink is an award-winning food service provider catering for primary schools across the country.
We are passionate about providing your children with freshly prepared school lunches that are true to our fresh food heritage. All our menus are nutritionally analysed to ensure they meet and, in most cases, exceed The School Food Standards set by our nutrition team. We are committed to constantly reviewing our menus and recipes to ensure they are healthy. We have reduced sugar in our desserts to below the 6.5g recommendations by Public Health England and have been recognised as leading the way by SUGAR SMART UK. We have also introduced a number of plant-based recipes to our menus and meat free days to support the sustainability aspects of our offer.

KEEP IN TOUCH

You can keep up to date with what's going on by visiting our web site **https://caterlinkltd.co.uk/my-caterlink** to find the latest news and information about our upcoming theme days and our current menus. You can also get in touch through our Contact Us page. We appreciate all feedback on our service.

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 Meals entitlement ask at your school office.

RECRUITMENT

We are always looking for new talented team members, if you are interested in joining Caterlink or becoming an apprentice visit us through our web site.
https://caterlinkltd.co.uk/jobs-careers/ or email hrsupport@caterlinkltd.co.uk

ALLERGY INFOMATION

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.

FOOD FOR LIFE SILVER SERVED HERE Soil Association

caterlink
feeding the imagination

Hampton Juniors Autumn/Winter Menu 2026/2027

caterlink
feeding the imagination

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 02/11/2026 23/11/2026 14/12/2026 18/01/2027 08/02/2027 08/03/2027	Option One	All Day Breakfast **(V)**	Beef Lasagne with Garlic Bread	Roast Chicken, Stuffing, Roast Potatoes and Gravy	Chicken Tikka Masala with Rice	Fishfingers or Salmon Fishfingers with Chips and Tomato Sauce
	Option Two	Creamy Chickpea and Coconut Curry with Rice **(VE)**	Soya Mince Lasagne **(V)**	Vegetarian Wellington with Roast Potatoes and Gravy **(VE)**	Quorn and Lentil Tikka Masala with Rice **(VE)**	Cheese and Bean Pasty with Chips and Tomato Sauce **(V)**
	Option Three	Jacket Potato with a Selection of Toppings **(V/VE)**	Jacket Potato with a Selection of Toppings **(V/VE)**	Jacket Potato with a Selection of Toppings **(V/VE)**	Jacket Potato with a Selection of Toppings **(V/VE)**	Jacket Potato with a Selection of Toppings **(V/VE)**
	Dessert	Cheese and Crackers **(V)**	Apple Cake **(V)**	Fruit Medley **(VE)**	Jelly with Mandarins **(VE)**	Syrup Sponge **(V)**
WEEK TWO 09/11/2026 30/11/2026 04/01/2027 25/01/2027 22/02/2027 15/03/2027	Option One	Classic Cheese and Tomato Pizza with Wedges **(V)**	Spaghetti Bolognaise	BBQ Chicken, Seasoned Potatoes and Sweetcorn Salsa	Chicken and Sweetcorn Meatballs in Tomato Sauce with Rice	Breaded Fish or Fishfingers with Chips and Tomato Sauce
	Option Two	Five Bean Chilli with Rice **(VE)**	Vegan Bolognaise with Spaghetti **(VE)**	Lemon and Herb Quorn, Seasoned Potatoes and Sweetcorn Salsa **(VE)**	Plant Balls in Tomato Sauce with Rice **(VE)**	Cheese Whirl with Chips and Tomato Sauce **(V)**
	Option Three	Jacket Potato with a Selection of Toppings **(V/VE)**	Jacket Potato with a Selection of Toppings **(V/VE)**	Jacket Potato with a Selection of Toppings **(V/VE)**	Jacket Potato with a Selection of Toppings **(V/VE)**	Jacket Potato with a Selection of Toppings **(V/VE)**
	Dessert	Gingerbread Cookie **(VE)**	Chocolate and Beetroot Brownie **(V)**	Fruit Salad **(VE)**	Sticky Toffee Apple Crumble with Custard **(V)**	Vanilla Shortbread **(VE)**
WEEK THREE 16/11/2026 07/12/2026 11/01/2027 01/02/2027 01/03/2027 22/03/2027	Option One	Macaroni Cheese **(V)**	Chicken Quesadilla with Paprika Wedges	Pork Sausage with Roast Potatoes and Gravy	Mild Caribbean Chicken with Golden Rice	Fishfingers with Chips and Tomato Sauce
	Option Two	Mexican Bean Roll with Potatoes Wedges **(VE)**	Tomato Pasta **(VE)**	Vegan Sausage and Roast Potatoes with Gravy **(VE)**	Caribbean Stew with Golden Rice **(VE)**	Red Pepper Frittata with Chips and Tomato Sauce **(V)**
	Option Three	Jacket Potato with a Selection of Toppings **(V/VE)**	Jacket Potato with a Selection of Toppings **(V/VE)**	Jacket Potato with a Selection of Toppings **(V/VE)**	Jacket Potato with a Selection of Toppings **(V/VE)**	Jacket Potato with a Selection of Toppings **(V/VE)**
	Dessert	Oaty Cookie **(VE)**	Pear Crumble with Custard **(V)**	Fruit Salad **(VE)**	Jamaican Ginger Cake **(V)**	Iced Sponge **(V)**

MENU KEY:

- Whole grain
- Plant based
- Added plant protein
- **(VE)** Vegan
- **(V)** Veggie

AVAILABLE DAILY: 2 x Side Vegetables, Salad Bar, Freshly Baked Bread, Fresh Fruit, Yoghurt

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