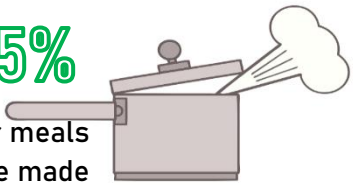
WHY CHOOSE A CATERLINK SCHOOL MEAL?

95% of our meals are made **FRESH** on site daily



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

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



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

Our nutrition team ensure all menus meet the **SCHOOL FOOD STANDARDS** for dishes and portion sizes

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



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.

caterlink
feeding the imagination

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.