



GLOUCESTERSHIRE CATERLINK ADDED VALUE

Nutrition Initiatives for school children and parents

WHY?

School lunches play a important role in **children's health** - balanced meals can help students stay more **engaged** and **exhibit better behaviour** and **performance** in **classrooms** and **after school clubs**.

Ensuring **school-aged children receive optimal nutrition** is crucial during these formative years whilst their bodies undergo significant **growth and cognitive development**.



HOW?

Tasty Learning



Join our **classroom nutrition education sessions** led by our Gloucestershire nutritionist! Discover exciting topics like **'Balanced diets'** and **'The Eatwell Guide'** where we can even get pupils involved in sensory tasting.



Don't miss our Nutrition **Year Group Assemblies**, diving into essential topics such as balanced diets!

Learn with **caterlink**
feeding the imagination

Parents

Let's engage parents! Join us for parent evenings featuring our Gloucestershire development chefs and nutritionists. We'll delve into our menu, recipes, School Food Standards, and address any queries parents may have. We would love parents to **sample some of our recipes!**



WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> Chicken Curry Vegetables Yoghurt Smoothie 	<ul style="list-style-type: none"> Beef Burger in a Bun with Potato Wedges Vegetables Yoghurt Smoothie 	<ul style="list-style-type: none"> Beef Burger in a Bun with Potato Wedges Vegetables Yoghurt Smoothie 	<ul style="list-style-type: none"> Beef Burger in a Bun with Potato Wedges Vegetables Yoghurt Smoothie 	<ul style="list-style-type: none"> Beef Burger in a Bun with Potato Wedges Vegetables Yoghurt Smoothie 	
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WANT TO KNOW MORE?



Our Chefs

But that's not all – our chefs are ready to bring the kitchen excitement straight to the classroom and dive into hands-on **food workshops, including pizza-making extravaganzas and tasting sessions**.



GLOUCESTERSHIRE CATERLINK TASTING POP UPS



Taste at Break Time

Tasting sessions give pupils the opportunity to try foods that they might not have tried before. Being able to explore a variety of foods and interact with our Caterlink Staff may result in pupils choosing a hot school lunch.



Taste our Menu

Our development chefs, in collaboration with our nutritionist, offers menu tastings to encourage students to try our recipes. They are available to talk about nutrition and answer any questions students may have about our menu.

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FISH FRIDAY
4 November 16 December 20 January 10 February 10 March 31 March	Option One: NEW Tomato Pasta Option Two: Mexican Falafel with Rice Option Three: Jacket Potato with Cheese, Baked Beans or Tuna Mayo Vegetables: Vegetables of the Day Dessert: Melting Moment Biscuit	Sausage with Mash and Gravy NEW Creamy Curry with Rice Jacket Potato with Cheese, Baked Beans or Salmon Mayo Vegetables of the Day Blackberry and Apple Crumble with Custard	Roast Chicken with Roast Potatoes & Gravy Vegetable Roast with Roast Potatoes & Gravy Jacket Potato with Cheese, Baked Beans or Tuna Mayo Vegetables of the Day Jelly and Peaches	Beef Pasta Bake NEW Baked Bean Hot Pot Jacket Potato with Cheese, Baked Beans or Tuna Mayo Vegetables of the Day Winter Cake with Custard	Fish Fingers with Chips & Tomato Ketchup Mexican Bean Roll with Chips & Tomato Ketchup Jacket Potato with Cheese, Baked Beans or Tuna Mayo Peas and Baked Beans Chocolate Orange Cookie
WEEK TWO	Option One: Cheese and Tomato Pasta with New Potatoes Option Two: NEW Caribbean Stew with Rice Option Three: Jacket Potato with Cheese, Baked Beans or Tuna Mayo Vegetables: Vegetables of the Day Dessert: Vanilla Shortbread	Mashed in Tomato Sauce with Rice NEW Chery Frito with Garlic Bread Jacket Potato with Cheese, Baked Beans or Tuna Mayo Vegetables of the Day Mable Cake with Chocolate Sauce	Roast Gammon with Roast Potatoes and Gravy Vegetarian Sausage with Roast Potatoes & Gravy Jacket Potato with Cheese, Baked Beans or Tuna Mayo Vegetables of the Day Fruit Medley	Chicken Tikka Masala with Rice NEW Mild Mexican Chili with Rice Jacket Potato with Cheese, Baked Beans or Tuna Mayo Vegetables of the Day Peach Upside Down Cake with Custard	Fish Fingers with Chips & Tomato Ketchup Cheese and Tomato Quiche with Chips & Tomato Ketchup Jacket Potato with Cheese, Baked Beans or Tuna Mayo Peas and Baked Beans Oaty Cookie
WEEK THREE	Option One: Macaroni Cheese Option Two: Vegan Plant Balls in Tomato Sauce with Rice Option Three: Jacket Potato with Cheese, Baked Beans or Tuna Mayo Vegetables: Vegetables of the Day Dessert: Chocolate Brownie	NEW Cowboy Casserole Cheese and Tomato Pasta with Potato Wedges Jacket Potato with Cheese, Baked Beans or Tuna Mayo Vegetables of the Day Sticky Toffee Apple Crumble with Custard	Roast Turkey with Roast Potatoes and Gravy Vegan Quorn with Roast Potatoes and Gravy Jacket Potato with Cheese, Baked Beans or Tuna Mayo Vegetables of the Day Ice Cream	Spaghetti Bolognese with Garlic Dough Balls Chinese Vegetable Curry with Rice Jacket Potato with Cheese, Baked Beans or Tuna Mayo Vegetables of the Day Vanilla Cake with Chocolate Sauce	Breaded Fish with Chips & Tomato Ketchup Cheese and Red Pepper Fritters with Chips & Tomato Ketchup Jacket Potato with Cheese, Baked Beans or Tuna Mayo Peas and Baked Beans Cinnamon Swirl with Apple Sauce

Tailored to You

Caterlink is flexible and can tailor tasting sessions to align with your school curriculum. Have a theme day in mind? Let's collaborate and make it happen together!

