We have won a number of awards for using **honest**, local produce and pride ourselves on making **fresh** and nutritionally balanced

meals.

Behind every meal is a team of dedicated chefs and **nutritionists**. Did you know? Most of our meals are made completely from scratch in-house!

Our pizzas are homemade and made using 50/50 wholemeal flour for extra added fibre! And our meat products are freshly delivered from our **local** butchers.

We **don't** add any salt to any of our meals!

We often have Meat Free Mondays to support sustainable eating. We also have recipes with **Added Plant Power** identified by this logo

Many of our desserts contain hidden wholegrains and are sweetened with fruit so they count toward one of your child's 5a-day!

Our

desserts are

handmade

in house.

On average, our meals contain **37%** less free sugars than the government recommendations for school meals.

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Why choose a Caterlink

SUGAR





## Per meal, we provide:

1 portion of protein 1 portion of carbohydrates 2 portions of vegetables A choice of salad available daily Freshly baked bread One homemade dessert



We ensure the menu adheres to the School Food Standards . That means your child is getting a well balanced and nutritious meal through out their school day.

