Cater Link

feeding the imagination

Opening Times

Morning Break
10.00 am

Lunch
12.30pm

Opening Offer

Free 500ml Water with any Sandwich

(one per customer during September on production of this leaflet)

Canon Palmer Catholic School

"The 6th Form Snack Bar"

Available Daily.....

Selection of filled, Rolls, Sandwiches, Baguettes & Wraps

Hot Bacon Rolls

Pasta / Noodle Pots

Salad Boxes

Fruit Pots

Freshly cooked Panini's

Cappuccino, Latte & Hot Chocolate

Cold Beverages

Marine Stewardship Council Details
Web Site. www.msc.org Chain of Custody Registration Code MML-C-1009
Menu subject to variation

food for life PARTNERSHIP

feeding the imagination

Introducing.....

Cater Link at

Canon Palmer Catholic School

Cater Link Ltd specialise in providing school meals across the South East and bring with them a wealth of experience working within the strict guidelines detailed by The School Food Trust.

We are delighted to be working in partnership with Canon Palmer Catholic School to provide your catering service.

90% of our food is prepared fresh each day from fresh ingredients. Our suppliers are also tasked in using local produce where possible. Our Chicken is farmed in Suffolk, Pork in Norfolk, Lamb in Kent and Turkey from Essex.

Our menus have been analysed by our software programme Hport to ensure the Nutritional Guidelines set by School Food Trust are met.

The daily menu consists of one main course, a vegetarian option, jacket potatoes with fillings, hot pasta with sauces and of course a healthy but filling range of boxed salads, noodles and pastas.

Homemade Rolls, Sandwiches, Paninis and Filled Baguettes are made fresh everyday.

There is also a range of hot and cold desserts, fresh fruit and cold beverages to choose from.

The menu will be advertised weekly, for both parents and students to see in advance.

Menu available at Lunchtime in the Dining Room

Autumn Wk 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Salmon & Seafood Potato Topped Pie -o0o- Mushroom & Lentil Bake with Parsley Potatoes, (V)	"Coq Au Vin" Style Chicken with Rice -oOo- Mushroom & Spinach Lasagne with Garlic Bread (V)	Roast Lamb with Mint Sauce, Gravy & Roast Potatoes -o0o- Vegetarian Shepherdess Pie With Gravy (V)	Chilli Con Carne with Fragrant Rice -o0o- Quorn & Root Vegetable Goulash (V)	Breaded MSC Pollack with Lemon & Tartar Sauce -o0o- Tomato & Cheddar Tart (V)
Vegetables	Cauliflower Green Beans Mixed Salad	Sweet corn Broccoli Mixed Salad	Carrots Green Beans Mixed Salad	Roast Vegetables ½ Jacket Potato Mixed Salad	Baked Wedges Garden Peas Baked Beans Mixed Salad
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Pasta or Noodles	With Sauce (v)	With Sauce (V)	With Sauce (v)	With Sauce (v)	With Sauce (v)
Desserts	Apple Pie with Custard	Red Cherry Crumble with Custard	Rice Pudding with Jam Sauce	Fruit Strudel with Custard	Chocolate Sponge with Chocolate Sauce

Autumn Wk 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Courses	Lasagne -o0o- Veggie Mince Spaghetti Bolognaise (V)	Jerk Chicken With Spicy Gravy & Rice & Peas -oOo- Black Eyed Pea & Seared Vegetable Ragout with Mash Potatoes (V)	Moroccan Lamb with Couscous -o0o- Cauliflower & Broccoli Bake with Jacket Wedges (V)	Chicken Passanda with Rice -o0o- Quorn Madras Curry With Rice (V)	Breaded MSC Fish Fillets with Lemon & Tartar Sauce -o0o- Mozzarella & Pepper Pizza (V)
Vegetables	Ratatouille Green Beans Mixed Salad	Peas Carrots Mixed Salad	Roast Vegetables Mixed Salad	Matter Chat (Curried Peas) Cauliflower Bhajee Onion Salad	Baked sSute Potatoes Grilled Tomatoes Garden Peas Mixed salad
Jackets	Various specials per day - Cheese, Tuna Low Cal Mayo, Reduced Salt Baked Beans				
Pasta or Noodles	With Sauce (v)	With Sauce (V)	With Sauce (v)	With Sauce (v)	With Sauce (v)
Desserts	Eves Pudding with Custard	Pear Crumble with Custard	Chocolate Sponge With Chocolate Sauce	Orange & Treacle Sponge with Custard	Cherry Pie & Custard

Please see the menu board for our full 4 weekly cycle