

## 90% Fresh Food Policy

90% of all the ingredients we use are fresh to ensure students have the opportunity to get a significant proportion of their daily nutritional intake from their School Meal.

Our Cater Link Fresh Food Policy, surpasses the new Government Guidelines set by the School Food Trust. This legislation tells us what we can and can not sell to the pupils in terms of food and drink.

The daily menu consists of one main course, a vegetarian option is available daily, vegetables and desert for £2.05

Other items available jacket potatoes with fillings, pasta with sauces and of course salads. Our menus are all nutritionally analysed in line with the School Food Trust Guidelines.

Homemade Rolls, Sandwiches, Panini's and Filled Baguettes are made fresh everyday.

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

We use plenty of innovative ideas including 'Special Days' and 'Seasonal Menus'.

The Kitchen is led by our Catering Manager Pam Walker, who is always on hand to listen to the students' needs and suggestions.

Pam, with her team, will always come up with new ideas to keep meal times enjoyable and fun.

We listen to our customers and actively encourage them to tell us what they think of our service.

### Breakfast

8am - 8.40

- Beat those early morning hunger pains with a choice from our breakfast range

### Mid-morning Break

9.40 - 10.00

10.30 - 10.50

#### Example of food on offer

- Freshly prepared Rolls, Sandwiches and Wraps
- Hot Panini's
- Freshly Baked Pizza
- Fresh Fruit Boxes
- Selection of Cold Drinks
- Bacon Rolls
- Salads

### Lunch

12.35 - 1.30

Freshly prepared Main Meal choice

- Vegetarian option
- Daily Fresh Pasta dish or hot snack choice
- Jacket Potatoes & Fillings
- Salad Boxes
- Freshly prepared Rolls, Sandwiches and Wraps
- Hot and Cold Desserts
- Fresh Fruit
- Selection of Cold Drinks



### Cashless System

This cashless system has a number of benefits over a cash dining room; specifically you can rest assured that your money designated for your child gets spent on that purpose.

The following benefits become immediately available with the cashless system.

Reduced queues, faster service at the tills

Prevent differentiation of free meal pupils  
Increased parental control over lunch purchases  
Introduction of healthy eating schemes

At the till, place your finger on the scanner and the operator will deduct this from the value of your account. You will be able to see the cost of your meal and the balance left on your account

#### Parent Pay

Don't forget you can now load your child's account on the intranet through the schools website

Payment by Cheque made payable to Caterlink

Free School Meal cards are exactly the same for students who qualify for a free meal. Every day the computer will put £2.05 the price of a two-course meal, on the account. If the meal is not used the £2.05 is taken off at the end of the day. The free meal entitlement is only available at lunchtime

You can also put extra money on your account at the revaluation unit if you want to purchase extra items. Of course this extra money will only be taken off the account once you have spent your free allowance

### Look out for our offers

\*\*\*

- 1: Buy a hot meal with a choice of hot dessert or fresh fruit or yoghurt or cold dessert only £2.05
- 2: Look out for monthly theme days - maybe you or your form have a suggestion for one!
- 3: Look out for healthy eating points, all students that eat healthy food will be awarded with points



## We look forward to seeing you!

Marine Stewardship Council Details

Web Site. [www.msc.org](http://www.msc.org) Chain of Custody Registration Code MML-C-1009  
Menu subject to variation