



Caterlink are specialist caterers within schools, colleges and universities.

We're passionate about fresh, healthy food that tastes great. The right nutrients can affect everyone's mood, behaviour, health, growth and even their ability to concentrate. Encouraging a well-balanced diet establishes healthy eating now and for the future.

Why Be Good & Healthy?...

You could say that food fuels the brain. Eating a well-balanced diet helps with physical fitness and general good health, both in body and mind. A well balanced diet means getting the right nutrients your body needs to be in tip top condition – protein helps with repair and growth, carbohydrates and healthy fats provide you with energy, water replaces lost fluids and fibre and the right vitamins support healthy body maintenance. By getting into the habit of eating healthily we can avoid the risk of serious health problems in the future.

Our nutritionists say...

We recognise that as custodians of our Fresh Food Policy we need to ensure our menu offer is fresh and encourages healthy, balanced eating. We verify our menus to ensure they not only match but exceed the latest Government guidelines. We support the "5-a-day" campaign as fruit and vegetables are rich in vitamins and minerals that help us to keep healthy and boost our immune system.

Farm to Fork...

We are proud of our food heritage which demonstrates our commitment to traceability of the meals we serve. Our meat main meals are freshly prepared on site and made with Red Tractor/Farm Assured fresh meat whilst our suppliers are audited by an external body to ensure they comply with statutory obligations.

We are committed to using ethically sourced ingredients with assured provenance from local and regional suppliers in every kitchen we work in. We use produce with high standards of animal welfare – for example, RSPCA Freedom Food Free Range Eggs, Marine Stewardship Approved (MSC) fish and fair trade bananas.