

## Your New Autumn/Winter Menu is here!

Reading Autumn Winter Menu 24/25	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b> 04/11/2024 25/11/2024 16/12/2024 03/02/2025 03/02/2025 24/03/2025	<b>OPTION ONE</b> Cheese and Tomato Pizzo with Potato Wedges	Beef Cottage Pie With Gravy	Roast Chicken with Roast Potatoes and Gravy	<b>CHICKEN SHACK</b> Lemon & Herb or BBQ Chicken or Quorn with New Potatoes	Farfalines or Salmon Farfalines with Chips & Tomato Sauce
<b>OPTION TWO</b>	Mexican Fajitas with Rice	<b>NEW</b> Creamy Chickpea & Coconut Curry with Rice	Vegan Sausage with Roast Potatoes and Gravy		Mexican Bean Roll with Chips & Tomato Sauce
<b>SIDE</b>	Peas & Sweetcorn	Cauliflower & Green Beans	Fresh Mixed Seasonal Vegetables	Sweetcorn Salads & Rainbow Slaw	Peas & Beans
<b>DESSERT</b>	Apple Rapjack	Blackberry and Apple Cumble with Custard	Fruit Salad	Chocolate & Apple Sponge	Chocolate Orange Cookie
<b>WEEK TWO</b> 11/11/2024 02/12/2024 06/01/2025 10/02/2025 10/03/2025 31/03/2025	French Bread Cheese and Tomato Pizzo with Wedges	<b>NEW</b> Chicken Pasta Boka with Garlic Bread	Roast Turkey with Roast Potatoes and Gravy	Chicken & Sweetcorn Pie with a Puff Pastry Top with Mash Potato	Farfalines with Chips & Tomato Sauce
<b>OPTION TWO</b>	<b>NEW</b> Mild Mexican Chili with Rice	Chinese Vegetable Noodles	Roast Quorn Vegan Fillet with Roast Potatoes and Gravy	Veggie Balls with Mash Potato and Gravy	Cheesy Bean Pasty with Chips & Tomato Sauce
<b>SIDE</b>	Peas & Sweetcorn	Broccoli & Carrots	Fresh Mixed Seasonal Vegetables	Carrots & Spring Greens	Peas & Beans
<b>DESSERT</b>	Peach Cake	Marble Sponge Cake with Custard	Fruit Salad	Jelly with Mandarins & Ice Cream	Oaty Cookie
<b>WEEK THREE</b> 18/11/2024 09/12/2024 13/01/2025 24/02/2025 17/03/2025	Macaroni Cheese With Garlic Bread	<b>NEW</b> Mild Caribbean Chicken with Rice and Peas	Roast Chicken with Roast Potatoes and Gravy	Beef Burger with Tomato Relish & Wedges	Breaded Fish with Chips & Tomato Sauce
<b>OPTION TWO</b>	Lentil and Sweet Potato Curry with Rice	<b>NEW</b> Caribbean Butterbean Stew with Rice and Peas	Cheese and Tomato Quiche with Roast Potatoes	Vegan Burger with Tomato Relish & Wedges	BBQ Quorn Vegan Fillet with Chips
<b>SIDE</b>	Carrots & Green Beans	Mixed Salad	Fresh Mixed Seasonal Vegetables	Mixed Salad	Peas & Beans
<b>DESSERT</b>	Chocolate and Beetroot Brownie	Slicky Toffee Apple Crumble with Custard	Fruit Salad	Jelly with Peaches & Ice Cream	Vanilla Shortbread


**MENU KEY** Added Plant Power Wholemeal Vegan

**Monday-Wednesday-Friday:**  
Freshly Cooked Jacket Potatoes with either Cheese, Baked Beans or Tuna-Mayo served with Salad.

**Tuesday-Thursday:**  
Pasta with a Tomato Sauce served with Salad  
Available Every Day.

Freshly Baked Bread - Salad Selection are available for all meals  
A choice of Yoghurt & Fresh Fruit available daily

**ALLERGY INFORMATION**  
If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.



We are very excited to share with you, the new menu for Autumn / Winter 24-25. (full-size menu is attached).

The new menu will be going live after the upcoming October half term on **Monday 4<sup>th</sup> November 2024** at the new price of **£2.57**.

However, it will be on the system and available to order from start of October 2024.

This new menu is packed with old favourites and new dishes, plus our new concept Caribbean Carnival, more if on this below.



### What is Caribbean Carnival?

Caribbean food is full of bold, rich flavours, using a combination of spices and fresh ingredients, culminating in dishes that are both vibrant in flavour and colour. We have worked hard to create these

dishes full of Caribbean flavours in mind, but without ALL of the spice, so everyone can enjoy and experience the Caribbean food whatever their spice tolerance.

The concept and dishes have been tried, tested and adapted in several Primary schools and the feedback from the children, school staff and parents has all been very positive.



Mild Caribbean Chicken with Rice and Peas



Caribbean Butterbean Stew with Rice



# Information

## Menu feedback and changes



When putting together any menu we always ask for feedback from the children, the cooks in the kitchen, *Brighter Futures for Children* and schools with any changes or feedback they would like before the menu go live.

On this new menu two items kept coming up, so we put this to a vote to all schools (majority wins). The results of this vote and subsequent changes to the menu are outlined below:

- **Change Jacket Potato as third option everyday:** A lot of feedback that came back was to offer a pasta dish as the third option on some days.
- **Vote results:** Jacket Potato will be changed to Pasta with a Tomato Sauce on a Tuesday and Thursday each week to offer more variety on the menu.
- **Why “Peas & Beans” and not ‘Peas OR Beans’ or ‘Peas/Beans & a different vegetable’?** The Government Food Standards Regulations, states that we must provide two different vegetables each day. We put several options to schools including ‘Peas & Sweetcorn’ / ‘Beans & Carrots’ / ‘Peas & Carrots’ with majority of schools saying....
- **Vote Results:** Majority of schools voted to keep Peas and Beans. So, Peas & Beans have remained on the menu.

## Portion size

We often get asked by parents about the portion sizes that we give as a company. As a company, we adhere to the portion sizes outlined in the Government’s School Food Standards, to ensure that children receive adequate quantities of food for their requirements. This details how much protein, carbohydrates and vegetables should be on a main meal, and what the portion size of desserts should be. I have included a link for you here...



[School-Food-Standards-Guidance-FINAL-V3.pdf \(schoolfoodplan.com\)](https://www.schoolfoodplan.com/School-Food-Standards-Guidance-FINAL-V3.pdf)

Whilst we follow the School Food Standards, we also offer unlimited vegetables, salads and freshly baked breads so if your child has more of an appetite on a given day, they can take more additional items.

To ensure our teams are giving the correct portions, we have several training resources, including comprehensive recipes and a pictorial portion size chart for our sites which assists in the whole plate approach, identifying requirements for KS1, KS2 and KS3.

We would like to welcome all the new children and families who joined in September and share with you a little bit more information about Caterlink, school meals and our offer. See attached full size posters.



**Why choose a Caterlink School Meal**

- We have won a number of awards for using honest, local produce and pride ourselves on using 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 handmade and made using 50/50 wholemeal flour to extra added fibre! And our meat products are freshly sourced 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 sponsored by this sign.
- Many of our desserts contain hidden wholegrain and are sweetened with fruit so they count toward one of your child's 5-a-day!
- On average, our meals contain 37% less free sugars than the government recommendations for school meals.
- We ensure the menu adheres to the School Food Standards. That means your child is getting a well balanced and nutritious meal straight out their school door.

**Per meal, we provide:**

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

**Sign-up today!** Please bring to reception.

**DO YOU KNOW ABOUT... FREE UNIVERSAL INFANT SCHOOL MEALS?**

**EVERY** child in Reception, Year 1 and Year 2 can have a cooked school lunch

**FRESHLY MADE HEALTHY NUTRITIOUS** at absolutely no cost to you! - funded by the Government

Please contact your school for more information! [caterlink.com](http://caterlink.com)

**My Caterlink School Lunch**

**Fish & Chips**

- All our meals contain a portion of carbohydrates and a portion of protein. All meals are portioned in line with the School Food Standards regulations.
- Our fish is sustainably sourced MSC fish.
- Scan the QR code to explore the School Food Standards we adhere to.
- 50/50 wholemeal bread is freshly baked everyday in our kitchens and served alongside our meals for children to enjoy.
- A dessert of fruit & yoghurt is also offered daily.
- 1 contain hidden wholegrain for fibre!
- Two different vegetables are offered with all our meals. Topping at 50g.
- Salad is available each day, with five different vegetables on offer!
- We provide homemade desserts, lots of which are made with 50% fruit to count toward the 5-a-day guidelines.

