

Dear parent, guardian
Welcome to our monthly newsletter, where we can share information with you from across our business here in Reading.

Caterlink
Christmas
MENU 2024

Roast Turkey with Stuffing, Vegan Chipolata Sausage, Roast Potatoes, Garden Peas, Carrots, Sprouts and Gravy
or
Roast Parsnip and Sweet Potato Loaf with Stuffing, Vegan Chipolata Sausage, Roast Potatoes, Garden Peas, Carrots, Sprouts and Gravy

Dessert
Gingerbread Biscuit
or
Chocolate, Orange Brownie
or
Fresh Fruit

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New Autumn Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE				COOKING BRUNCH	
OPTION ONE	Cheese & Tomato Pasta with Potato Wedges	Roast Chicken with Roast Potatoes & Gravy	Roast Chicken with Roast Potatoes & Gravy	Lentils & Mashed Potatoes with New Potatoes	Handbags or Salmon Handbags with Chips & Tomato Sauce
OPTION TWO	Mexican Fajitas with Rice	NEW Creamy Chicken & Mushroom Curry with Rice	Vegan Burger with Roast Potatoes & Gravy		Mexican Bean Roll with Chips & Tomato Sauce
SIDE	Pasta & Sweetcorn	Coconut Curry with Rice	Roast Chicken with Roast Potatoes & Gravy	Beetroot Salad & Roast Potatoes	Pasta & Beans
DESSERT	Apple Rhubarb	Milkshake & Apple Crumble with Custard	Hot baked seasonal vegetables	Chocolate & Apple Spring	Chocolate Orange Cookies
WEEK TWO					
OPTION ONE	Roast Beef with Roast Potatoes & Gravy	Roast Turkey with Roast Potatoes & Gravy	Roast Chicken with Roast Potatoes & Gravy	Chicken & Seasoned Potatoes with a Full Pottery Tag & Roast Potatoes	Handbags with Chips & Tomato Sauce
OPTION TWO	NEW MEXICAN CHILI with Rice	Chinese Vegetable Hotpot	Roast Chicken with Roast Potatoes & Gravy	Vegan Burger with Roast Potatoes & Gravy	Cheese Bean Party with Chips & Tomato Sauce
SIDE	Pasta & Sweetcorn	Beetroot & Carrots	Roast Chicken with Roast Potatoes & Gravy	Carrots & Spring Potatoes	Pasta & Beans
DESSERT	Peach Cake	Hot baked seasonal vegetables	Hot baked seasonal vegetables	Jelly with Strawberries & Ice Cream	Cherry Cheesecake
WEEK THREE					
OPTION ONE	Roast Chicken with Roast Potatoes & Gravy	NEW Chicken Potatoes with Roast Potatoes & Gravy	Roast Chicken with Roast Potatoes & Gravy	Roast Chicken with Roast Potatoes & Gravy	Roast Chicken with Roast Potatoes & Gravy
OPTION TWO	NEW MEXICAN CHILI with Rice	Chinese Vegetable Hotpot	Roast Chicken with Roast Potatoes & Gravy	Vegan Burger with Roast Potatoes & Gravy	Beetroot & Carrots
SIDE	Pasta & Sweetcorn	Beetroot & Carrots	Roast Chicken with Roast Potatoes & Gravy	Carrots & Spring Potatoes	Pasta & Beans
DESSERT	Chocolate & Orange Brownie	Hot baked seasonal vegetables	Hot baked seasonal vegetables	Jelly with Strawberries & Ice Cream	Cherry Cheesecake

Menu Key
Added Plant Power | Added Protein | Added Veg | Added Fruit
Monday-Wednesday-Friday: Freshly Cooked Jacket Potatoes with either Cheese, Roast Potatoes 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 Yogurt & Fresh Fruit available daily.

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Our Seasonal Food Hero is...
LEEKs

Leeks are a winter vegetable and are in season from November – April in the UK

What vegetable is a pirates worst enemy? Leeks!

Did you know... Leeks take around 120-150 days to grow. That is between 4-5 months!

Leeks are related to garlic, onions, chives and shallots!

Leeks are high in **vitamin A** (good for your eyes) and **vitamin K** (good for your blood & bones).

Leeks are an ancient vegetable – they were eaten by the Ancient Romans and Egyptians.

As well as the Red Dragon, Leeks are a national emblem of Wales!

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Seasonal Food Hero
APPLES

Different types of apples are in season at different times of the year - one of the most popular UK apples is the Gala apple, which is in season September until May

Did you know?
The saying 'an apple a day keeps the doctor away' originated from a proverb in the 19th century encouraging people to eat more fruit to stay healthy!

Apples float because they are 25% air, which is why we can play apple bobbing at Halloween!

Apple bobbing was originally played in Britain as a romantic game. All apples represented another player and if you managed to successfully bite into the apple in one go, you were destined for each other.

HAHA
How do you make an apple turnover?
Push it down a hill!
HAHA

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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!

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If you would like to work as part of a GREAT team here in Reading, we offer school hours, term time, full training, uniform including safety shoes and employee benefits, all our vacancies are advertised on our website www.caterlinkltd.co.uk under careers (search READING)