

CATERLINK NEWS

PARENTS NEWSLETTER

Est 2021

OCTOBER / NEW TERM 2025

FREE



School meals, explained simply - See what's on the tray - **Page 2**



From scratch, with care – find out why Caterlink is more than just lunch - **Page 2**

NEW MENU

ALERT!!

Hot Food, Cool Vibes: Caribbean Carnival is Back

Our new Autumn-Winter menu launches on **Monday 3rd November** and is packed with fresh, locally sourced dishes made daily by our dedicated chefs.

We're thrilled to bring back the Caribbean Carnival, featuring flavour-packed dishes like Mild Caribbean Chicken and Caribbean Butterbean Stew. We're also launching exciting new winter warmers, from Roasted Vegetable Pizza to our Chef's Special Lentil & Sweet Potato Curry. **Full size menu attached**

In agreement with Reading Borough Council, the new meal price will be **£2.66**, maintaining our commitment to providing great value, nutritious meals that are made from scratch and fully comply with School Food Standards. - Book your great value meals on ParentPay today!

GOOD FOR THEM, KINDER TO THE PLANET

Here at Caterlink, we believe in serving food that's healthy for your children and kinder to our planet.

That's why we are committed to sustainability through initiatives like our Meat Free Mondays, which help significantly reduce our environmental footprint. We also proudly source from local suppliers wherever possible, supporting our community and cutting down on food miles.

By choosing a school meal, you're not just providing a nutritious, balanced lunch - you're also making a positive choice for our environment. - It's a win-win!

Autumn-Winter 2025/2026	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE					
Option One	NEW Roasted Vegetable Pesto with Potato Wedges	Beef Bolognese with Garlic Bread	Roast Chicken, Roast Potatoes and Gravy	BBQ Chicken with Sweet Potato & Bean Wedges	Fish Fingers or Salmon Fish Fingers, Chips and Tomato Sauce
Option Two	Niger Burger in a Bun with Potato Wedges and Tomato Sauce	Niger Burger with Rice	Vegetable Wellington, Roast Potatoes and Gravy	BBQ Quorn with Mushroom & Sweet Potato Wedges	Chicken and Beef Pasty, Chips and Tomato Sauce
Vegetarian	Pasta and Seasoning	Green Bean and Seasoning	Cauliflower and Spring Greens	Diced Peppers and Seasoning	Pasta and Bean Bolognese
Dessert	Chocolate Orange Cake and Custard	Apple Charlotte Cake and Custard	Fruit Medley	Jelly with Meringues	Caramel Cake
WEEK TWO					
Option One	Chicken and Tomato Pesto (Half Spiced) with Potato Wedges	NEW Chicken Bolognese (Spiced) with Rice	Roast Turkey, Roast Potatoes and Gravy	Beef Mince in Tomato Sauce with Rice	Fish Fingers, Chips and Tomato Sauce
Option Two	Niger Burger with Potato Wedges and Garlic Bread	Vegetable Lasagne with Garlic Bread	Roast Quorn, Roast Potatoes and Gravy	Chicken Curry with Coconut Curry with Rice	Chicken Bolognese, Chips and Tomato Sauce
Vegetarian	Roast Beef	Carrots and Green Beans	Carrots and Broccoli	Mixed Salad	Pasta and Bean Bolognese
Dessert	Silly Toffee Apple Cakes with Custard	Chocolate and Banana Cake with Chocolate Sauce	Fruit Medley	NEW Cinnamon Cakes	Vanilla Biscuits
WEEK THREE					
Option One	Pasta with Chicken and Tomato Pesto	Mild Caribbean Chicken with Golden Rice	Roast Chicken, Roast Potatoes and Gravy	NEW Chicken with Mashed Potatoes and Gravy	Fish Fingers, Chips and Tomato Sauce
Option Two	Chef's Special: Lentil and Sweet Potato Curry with Rice	Caribbean Butterbean Stew with Golden Rice	Niger Burger, Roast Potatoes and Gravy	Chicken and Tomato Pesto (Half Spiced) with Potato Wedges	BBQ Quorn, Chips and Tomato Sauce
Vegetarian	Pasta and Seasoning	Green Beans and Seasoning	Carrots and Spring Greens	Mixed Salad	Pasta and Bean Bolognese
Dessert	Only Cakes	Apple Scones	Fruit Medley	Pasta with Gravy	NEW Banana and Chocolate Cake
MENU KEY	Assorted from scratch	plant-based	chicken	fish	pig
	Available Daily: - Freshly cooked jacket potatoes with either cheese, baked beans or tuna-mayo served with salad - Freshly baked bread and salad selection available daily with all meals *A choice of yoghurt or fresh fruit available daily				
	ALLERGY INFORMATION: Please read the menu and the allergen information on the back of the menu. If your child has a food allergy, please inform the staff. Your child will be asked to complete an allergy form which we have the necessary information to make it safe for your child. We also have a range of allergen-free options available for your child to choose from. Please inform the staff if your child has a food allergy.				



FREE MEALS!!!

Attention all parents of **Reception, Year 1, and Year 2** children: Your child is eligible for a free,

freshly cooked school meal every day through the government's Universal Infant Free School Meals programme.

This means your child can enjoy a healthy, balanced hot lunch everyday without any cost to your family.

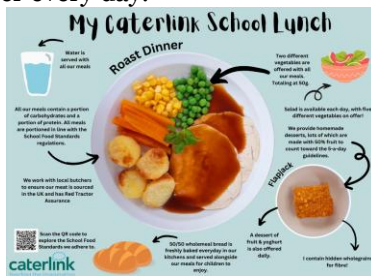
That's right, completely FREE!



A very warm welcome to all the new children and families who joined our school community this September! - We are Caterlink, and we are proud to be your school meal provider.

Our dedicated kitchen team prepares fresh, nutritious, and delicious meals from scratch every day, supporting your child's learning and growth with balanced, award-winning food.

Be sure to check out the full-size posters attached to this newsletter to learn more about who we are, what we do, and the fantastic meals on offer every day.



Creating a menu that delights all ages and tastes is no small feat! That's why we designed your new Autumn-Winter menu based on feedback from every part of the school community.

We started by analysing the top-ordered dishes across all schools, then worked closely with our cooks, headteachers / schools, and parents for their input. Most importantly, we spoke directly with students, from Student Council meetings, survey feedback results and speaking to them lunch queue - to hear what they wanted.

The result? A vibrant, balanced menu built with you, for you!



We know that portion size is something parents often ask about. All our meals are served in line with the Government's School Food Standards, which outline the recommended amounts of

protein, carbohydrates, vegetables and desserts to ensure children receive a balanced and nutritious meal. You can find the full guidance here:

[School-Food-Standards-Guidance-FINAL-V3.pdf \(schoolfoodplan.com\)](#)

Alongside these standards, children also have daily access to a self-serve salad bar and freshly baked bread to accompany their main meal. To ensure consistency, our teams follow detailed recipes and use a pictorial portion size chart that supports the “whole plate” approach and highlights the requirements for KS1, KS2 and KS3 pupils.

We recently trialled a change, offering jacket potatoes three times a week and pasta twice. However, the overwhelming feedback from pupils, parents, and schools was to bring back jacket potatoes five days a week. We've listened - and they're now available daily alongside our other meal choices.

School Food Standards require us to serve two different vegetables every day. We asked schools to vote on the pairings they preferred, and the clear favourite was the classic combination of peas and baked beans. That's why you'll see them on the menu on a Friday.

Caribbean food is known for its bold flavours, colourful dishes, and use of spices and fresh ingredients. We've created a range of dishes inspired by these flavours but adapted them so they're tasty and enjoyable for all spice levels.

These dishes were such a success on last years Autumn/Winter menu that children, staff, and parents asked for them to return on this year's menu - so they are back!



Mild Caribbean Chicken with Rice and Peas



Caribbean Butterbean Stew with Rice