

Your New Autumn/Winter Menu is here!

Reading Autumn Winter Menu 24/25	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 04/11/2024 25/11/2024 16/12/2024 03/02/2025 24/03/2025	OPTION ONE Cheese and Tomato Piza with Potato Wedges	Beef Cottage Pie With Gravy	Roast Chicken with Roast Potatoes and Gravy	 Chicken Shack Lemon & Herb or BBQ Chicken or Quorn with New Potatoes	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
OPTION TWO Mexican Fajitas with Rice	NEW Creamy Chickpea & Coconut Curry with Rice	Vegan Sausage with Roast Potatoes and Gravy		Mexican Bean Roll with Chips & Tomato Sauce	
SIDE Peas & Sweetcorn	Cauliflower & Green Beans	Fresh Mixed Seasonal Vegetables	Sweetcorn Salata & Rainbow Slaw	Peas & Beans	
DESSERT Apple Rappack	Blackberry and Apple Crumble with Custard	Fruit Salad	Chocolate & Apple Sponge	Chocolate Orange Cookie	
WEEK TWO 11/11/2024 02/12/2024 06/01/2025 10/02/2025 10/03/2025 31/03/2025	French Bread Cheese and Tomato Piza with Wedges	NEW Chicken Pasta Bake with Garlic Bread	Roast Turkey with Roast Potatoes and Gravy	Chicken & Sweetcorn Pie with a Puff Pastry Top with Mash Potato	Fishfingers with Chips & Tomato Sauce
OPTION TWO NEW 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	
SIDE Peas & Sweetcorn	Broccoli & Carrots	Fresh Mixed Seasonal Vegetables	Carrots & Spring Greens	Peas & Beans	
DESSERT Peach Cake	Marble Sponge Cake with Custard	Fruit Salad	Jelly with Mandarins & Ice Cream	Oaty Cookie	
WEEK THREE 18/11/2024 09/12/2024 13/01/2025 24/02/2025 17/03/2025	Macaroni Cheese With Garlic Bread	 Caribbean Carnival NEW 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
OPTION TWO Lentil and Sweet Potato Curry with Rice	NEW 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	
SIDE Carrots & Green Beans	Mixed Salad	Fresh Mixed Seasonal Vegetables	Mixed Salad	Peas & Beans	
DESSERT 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: <i>Freshly Cooked Jacket Potatoes with either Cheese, Baked Beans or Tuna-Mayo served with Salad.</i>					
Tuesday-Thursday: <i>Pasta with a Tomato Sauce served with Salad</i> 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 we 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.					
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We are very excited to share with you, the new menu for **Autum / Winter 24-25**. (full-size menu is attached).

The new menu will be going live after the upcoming October half term on **Monday 4th 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...

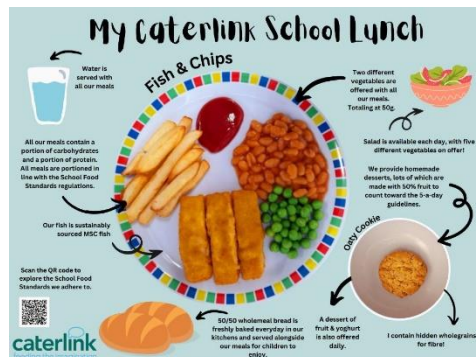
[School-Food-Standards-Guidance-FINAL-V3.pdf \(schoolfoodplan.com\)](https://www.schoolfoodplan.com/School-Food-Standards-Guidance-FINAL-V3.pdf)



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.



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