



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

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 *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

New Autumn Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE
WEEK TWO
WEEK THREE

Monday-Meats-Free Friday
 Tuesday-Plant Based
 Wednesday-Plant Based
 Thursday-Plant Based
 Friday-Plant Based
 Healthy Central School Kitchen with other Reading School Food Co-ops
 Plants with a Growth Impact on your Child Available Every Day
 Healthy School Food Co-ops in partnership with all schools
 Reading School Food Co-ops in partnership with all schools

Book your child a meal via ParentPay®

Seasonal Food Hero
BRUSSEL SPROUTS

Brussel sprouts are in season from October to March in the UK

Did you know?
 Brussel sprouts are part of the brassica family of vegetables - they are related to broccoli, cauliflower and kale!

Supermarkets sell around 750million brussel sprouts at Christmas and people eat around 14 sprouts each over Christmas!

Brussel sprouts are named after the capital city of a country called Belgium, because they ate so many of them in the 16th century!

HAHA
 "What is green and goes to a summer camp?"
 "Brussel scout!"
HAHA

Seasonal Food Hero
CRANBERRIES

Fresh cranberries are in season from October to December in the UK. Cranberry juice and cranberry sauce are sold year round!

Did you know?
 Traditionally cranberries were used in cranberry sauce to go with turkey dinners, like at Christmas!

Half a million kilos of cranberries per year were used in World War 2 to prevent scurvy (Vitamin C deficiency) in American troops.

Fresh cranberries float in water! Only 5% of all cranberries grown are sold fresh - keep your eye out for some in the supermarket!

HAHA
 Why did the cranberry cross the road?
 To get to the other sides!
HAHA