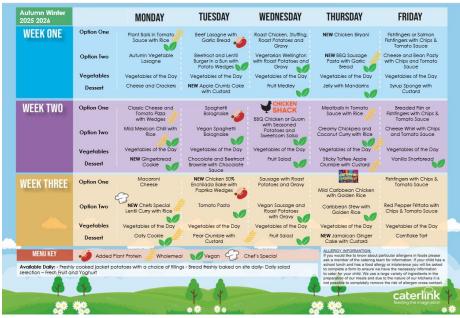


caterlink Newsletter September 2025

ROMAN CATHOLIC ACADEMY TRUST

feeding the imagination

Your New Autumn/Winter Menu is here



We are very excited to share with you, the new menu for Autum / Winter 25 - 26.

Our menus change twice yearly October to April (Autumn/Winter) April to October (Spring/Summer) This new menu will run from October 2025, running through to Easter half-term 2026. This new menu is packed with old favorites and new dishes, plus our new concept Caribbean Carnival, more if Brighter Futures for Children on this below.

OUR NEW Menu Information Menu for Parent's and Carers







What is Caribbean Carnival?

Caribbean food is full of bold, rich flavours, using 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























Our Primary School Approach to Safe Allergen Management

STEP 1

You can request a special diet menu by completing and returning our Allergy & Intolerance Form which can be found on our web site https://caterlinkltd.co.uk/school/caterlink-primary-division/, along with supporting medical evidence from an NHS professional (a GP/consultant or registered dietitian). This can be a letter, copy of medical notes, an Allergy Action Plan signed by a medical professional or a screenshot from the NHS app. medical evidence is an industry-wide requirement, recommended by the Lead Association for Catering in Education (LACA). Until this information has been provided and a medical diet produced, any children with food allergies or intolerances will be provided with a jacket potato with baked beans, vegetables, and fresh fruit salad, if the allergy does not include any of these foods.

STEP 2

The Caterlink team will then assess the risk for each request, using the LACA Special Diet Risk Analysis Process for Caterers where required. The risk analysis looks at the pupil's requirements, the capability of the kitchen facilities and the school environment to determine if the request is low, medium, or high risk. In most cases the risk level is low or medium, and we are likely to be able to provide a special diet menu. If the risk level is high, we may be unable to provide a meal, and we will discuss this with you as soon as possible.

STEP (3

Our Caterlink nutrition team will then develop the special diet menu, with at least one suitable meal option daily. This can take up to four weeks from receiving the Allergy & Intolerance form and supporting medical evidence. The school will be advised once the menu is ready.

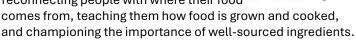
Portion size We often get asked by parents



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 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.

Food for Life ,which was created by the Soil Association, started in 2003 with the aims of making healthy, tasty and sustainable meals the norm for all to enjoy, reconnecting people with where their food



The Food For Life Served Here award ensures:

- Food served is fresh Healthy eating is made easy
- The food we buy is sustainable and ethical
- Local farmers & food producers are supported

Everyone eating a Caterlink primary school lunch can be sure that they are eating from a menu that meets at least the Food For Life Served Here



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.







