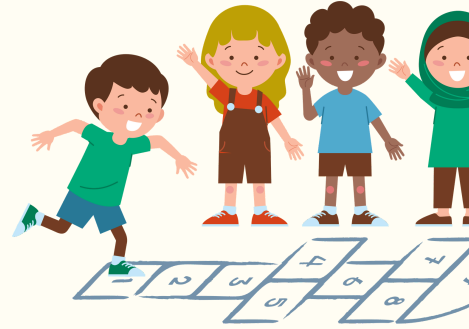


Spring Summer Newsletter

Primary Schools

Welcome back to the Summer term!

We wanted to take an opportunity to give some insight into our food, and the projects we deliver to ensure your children get nutritious food to give them the energy to learn, explore and play at school.



We believe that it is not only our responsibility to provide menus that meet the School Food Standards, but also to focus on wider public health projects that link in with national and local initiatives.

Here are some of the projects we worked on over the past year...

Food For Life



Everyone eating a Caterlink primary school lunch can be sure that they are eating from a menu that meets the Food For Life Served Here Silver standard, at a minimum.

2009

Caterlink were the first contract caterer to achieve the award and have achieved the award every year since!



2025

We then became the first contract caterer to achieve full certification for all our primary schools across the UK!



What does it mean?



COOKED FROM SCRATCH

At least 75% of our meals are freshly prepared.

SERVING LOCAL FOOD

At Silver and Gold levels, we are rewarded for using local ingredients.



SEASONAL PRODUCE



Menus make the most of seasonal ingredients.

We can trace our meat

BACK TO THE FARM



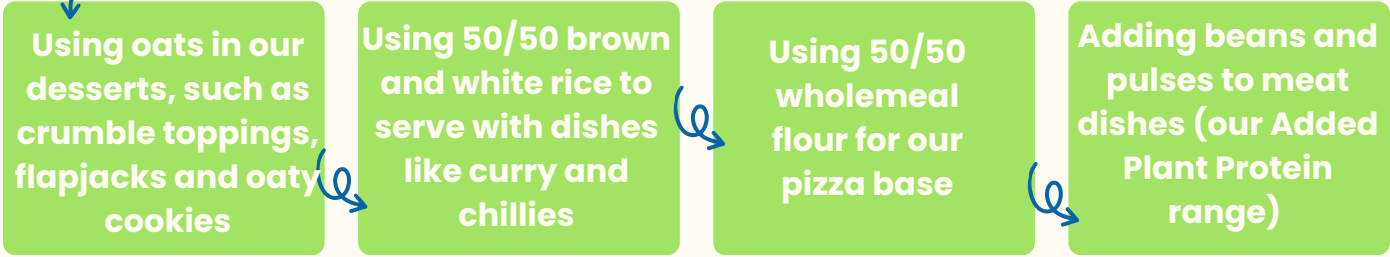
MORE OF THE GOOD STUFF

Free from undesirable additives, colouring and sweeteners.

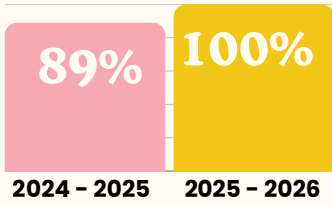


Nutritious Menus

Fibre In the most recent menu, children were offered 100% of their school lunch fibre goal! How did we manage this?



% of recommended fibre (6.7g) in a Caterlink school meal

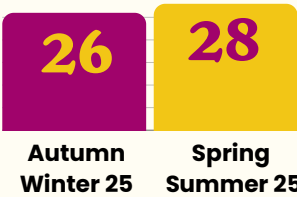


Fruits and Vegetables

The Stats

Scientists have proven that people who eat a more diverse diet (**30+ different plants each week**) have improved digestion and improved overall health.

Children who choose a Caterlink school meal daily have **over 25 different plants per week** just in their school meals!



Number of Plant Points (Main, Sides and Dessert)

Plant Point Hero

Chinese Vegetable Curry!

Includes: Black turtle beans, 9 different vegetables and 13 spices

14.75 Plant points

Plant Point Hero

Spicy Bean Burger!

Includes: 5 types of beans, 4 vegetables, 4 spices and stock

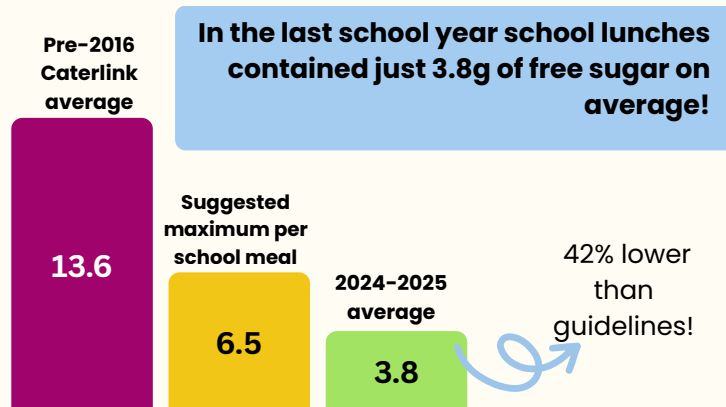
11.5 Plant points

Each Caterlink school meal offers an average of 3.5 portions of fruit and veg - over half of your five a day!

Sugar Reduction

Since September 2016 we have ensured that our lunches not only meet the government recommendations for free sugars, but are actually much lower!

Last term five out of the fifteen desserts offered contained **NO** sugar!



Sustainable Food

ProVeg School Plates Sustainability Award



Caterlink came
1ST
in the ProVeg UK
Top 25 Contract
Caterer Ranking



What is the School Plates Project?

This programme aims to make school food healthier and more sustainable by increasing and promoting plant-based content on school menus.



What did we do?

- Repositioned the menus to list the vegetarian options at the top
- Used descriptive and positive language for plant-based dishes
- Blended plant proteins into dishes to help boost fibre (e.g. beans & lentils)
- Increased the diversity of plants on our menus

Carbon Footprint

Since 2016, we have undertaken numerous initiatives to lower the carbon footprint we generate from our menus, such as:

- Consistently implementing Meat Free Mondays
- Introducing more vegan dishes (70% of the vegetarian dishes are now vegan)
- Continuing our 'Added Plant Protein' project

Last year alone, we reduced carbon emissions by almost

7 million

kilograms

*Compared to pre-project (2016) using like for like meal numbers

The amount of carbon saved over the past year, just from the menu initiatives is equivalent to...

Driving 1,568 cars for a year

OR

111,177 trees planted and grown for 10 years

*Based on 2024/2025 meal numbers of 35m meals; 70% choosing meat option, 10% choosing vegetarian option, 20% choosing jacket potato