

New Yamas! Concept

Our concept days have proven to be a popular addition to Primary School menus, that we introduced in Autumn 2022. Now, in addition to Build your Burger and Mac & Cheese concepts, there is a **NEW Greek Concept Day – ‘Yamas!’**



NEW Greek Spinach & Cheese Whirl



NEW Greek Chicken Pitta

What?

Within the ‘Yamas!’ offer there are **2x new mains (pictures left)**, as well as Greek salad, Tzatziki dressing and rainbow slaw.

When?

Yamas! will start on the *Spring Summer Central Menu and run **April – October 2023.**

*Check your schools menu



Why?

Yamas means “Cheers!” in Greek

It is short for “Stin Yeia Mas” which means “to our health”.

Cost Effective & Healthy Meals for Home

The rising cost of living is affecting everyone, but this doesn’t mean we need to cut out nutritious food for cost effective & nutritionally inadequate alternatives. The tips below outline some cost effective ways to get as much as you can out of your shopping basket:

- Swap up to 50% of meat in meals for more cost effective & nutritious plant-proteins e.g. lentil & minced beef cottage pie or kidney bean & chicken stew.
- Look for cost effective frozen or tinned fruit & veg (not in syrup) – these count towards your 5 a day!
- Try to batch cook & freeze your leftovers if possible! This saves time & energy cooking each day.
- Look out for ‘veg boxes’ at large supermarkets – often discounted & in season!
- Use up as much ‘food waste’ as possible e.g. add vegetable ends to broths for flavour, don’t peel potatoes instead serve skin-on (also more nutritious).
- Choose ‘own brand’ foods – studies have shown there’s little if any difference to the taste and quality compared to branded food!

At Caterlink, we’re committed to **keeping food nutritious and healthy** despite the rising food costs. **We don’t compromise on quality**, so you can be sure your child receives the best food at school!

Chef Specials

We encourage chef’s across Caterlink from all different backgrounds to come forward with dishes that represent them and their culture. We always make sure these recipes are checked by nutritionists and are made as a healthy school meal. Already, we have had great feedback from a few of our Chef Special dishes, including Jollof Rice (Nigerian) & Chicken or Aubergine Korma (Indian).

Shilpa's Chicken Korma & Aubergine Curry

Name: Shilpa Patel
Dish name: Chicken Korma & Aubergine and Potato Curry
Cultural heritage: Gujarat, India
What inspired this dish? My mother inspired me to cook vegetarian dishes in my homeland of India, and then the Chicken Korma came later when their children ate it as one of their favourites.

Do you have a favourite memory associated with this dish? Just one word – family!



Are there any traditions associated with this dish/a particular time you would serve it?
The Aubergine & Potato curry is traditionally served with kedgee – we would eat this once a week in India. I still cook this once a week since moving to England – it’s one of my favourites! My children like to eat the Chicken Korma anytime – it’s a rare treat for them as most of my family are vegetarian.
Would you say it’s popular among your community?
Yes! Very popular – about 100% of the population eat both dishes we made today – Chicken Korma is also very popular around the world.
What cooking implements are traditionally used to cook this dish?
Traditionally in a clay pot or more commonly these days in a large cooking pot. They’re usually made in big quantities to serve to big families and/or to eat over the next few days!
What is your favourite meal now?
The aubergine and potato curry with kedgee!

Huge thanks to our chef’s that have put forward their recipes – including Chef James, Chef Yusef & Chef Shilpa – the feedback we get from the kids has been amazing!



9 out of 10 parents said they would welcome the programme again in 2023



Eat them to Defeat Them – Re-Vamped!

This year, VegPower took on a different spin in their campaign ‘Eat Them To Defeat Them’ (ETDT). Instead of ‘vegetables of the week’ there were a **selection of themed recipes** that could be incorporated into the Primary School menu.

The campaign ran from **20th February – 31st March 2023**. Did your school get involved this year?

Some of the themed recipes included ‘**Dig Down Pie**’, ‘**Couscous Clash!**’, ‘**Curry Crackdown**’, ‘**Chilli Quest**’, ‘**Pizza Hunt**’ and more!



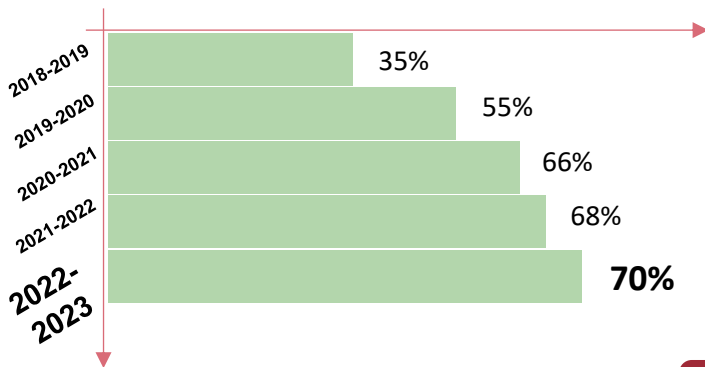
To get your school involved next year, visit the web link here:

[Schools - Eat Them To Defeat Them](#)

Save the planet!

There are plenty of great reasons to include vegan options on school menus – they are often higher in fibre, contain less saturated fat and the younger generation have a growing interest in being environmentally friendly. Additionally, increasing vegan options on our menus makes them more inclusive for common allergies & intolerances such as Milk & Egg.

% vegetarian meals that are vegan 🌱



Not only have we increased the number of healthy & nutritious vegan meals on our menus, but we work with our suppliers who are doing great work for charities. Phat Pasty – who supply our Vegan Mexican Rolls – **donate 1p for every roll we sell**. That has **raised £4,950** which goes towards **building classrooms & planting trees in Kenya**. In addition, proceeds from our Vegan Sausages – supplied by Devils Kitchen – go towards creating **sustainability education packs for UK schools** – due to be rolled out this year!



Food Waste Crackdown!

Globally, one third of food produced is wasted. In the UK alone, the hospitality and food service business **wastes 1.1 million tonnes of food annually!**

Food Waste Pilot Study

Caterlink are involved in the **first pilot study for reducing food waste in catering** by Cool Food Pro. Simple actions like weighing the food left over at the counter resulted in progressively less and less food wasted, with some days reaching 0g of food left at the end of service. Click the link [here](#) or scan the QR code to read more!



Furthermore, in March 2023 we launched a company-wide survey during **Food Waste Action Week** to find out where our food waste comes from. The results will shape our next actions on food waste – watch this space!