

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

## Seasonal Food Hero

# PEAS

Peas are in season from May to October here in the UK!



**Did you know?**  
 Peas are part of the legume family! Just like peanuts, lentils, chickpeas and beans are. You could say they're all brothers and sisters!

Peas have even helped set world records!

Think you can blow a pea further than the world record holder Andre Ortolf? Get practising, you will have to beat 7.5 metres. That's 4 times the height of Superman!




HAHA  
**I SAT ON SOME PEAS IN THE CAR. IT WAS A BUMPEA RIDE.**  
 HAHA

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Rice is grown in large, flooded fields, known as paddy fields, as it is a semi-aquatic plant.

Rice is central to many cultures. In Japan and Indonesia there is a God of Rice – called Inari and Dewi Sri – they are believed to be the protectors of rice growing.

Many countries around the world use rice as a staple food, particularly Asia, Latin America, and parts of Africa



Did you know...? brown rice has 3x more fibre than white rice. It also has more protein, vitamins, and minerals!

# RICE

Rice is a great source of starchy carbohydrates – this provides us with energy that lasts throughout the day.

There are over 40,000 different types of rice! A few common ones are:

- Jasmine Rice – popular in Thai dishes
- Basmati Rice – known in Indian cuisine
- Bomba Rice – used for the famous Spanish dish, Paella
- Arborio Rice – perfect for making Italian Risotto

Wild Rice – very long, thin, and dark – is actually a grass seed that acts and looks the same as rice!

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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** feeding the imagination

Our pizzas are **homemade** and made using **50/50 wholemeal flour** for extra added **fibre!** And our **meat products** are **freshly delivered** from our **local butchers.**



**DID YOU KNOW?**



If you would like to work as part of a GREAT team here in Reading, we offer school hours, term time, full training, uniform including safety shoes and employee benefits, all our vacancies are advertised on our website [www.caterlinkltd.co.uk](http://www.caterlinkltd.co.uk) under careers (search READING)