

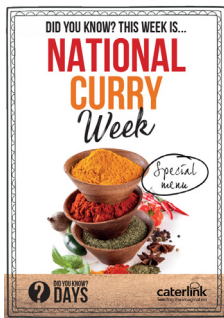
OCTOBER MARKETING BULLETIN

Hi we're Caterlink, your school caterer. October is another busy month full of offers, promotions and events for you. In October there's National Baking Week, National Curry Week, Halloween, Destination Britain and your In Season Food Hero is... Pumpkin!



HALLOWEEN

Your in season food hero for the month of October is... Pumpkin! We will explore all the different ways this versatile squash can be used... In cakes, in salads, in soups and of course roasted.



NATIONAL CURRY WEEK

This month we are celebrating National Curry Week showcasing some of the great flavours and recipes from one of this country's favourite foods.

The obvious and less obvious! From curries to soups and filled baguettes to salad pots with an Indian theme and flavour.



NATIONAL BAKING WEEK

We will be doing all sorts of baking this week, from cakes to biscuits to pastries and pancakes! We will also be using an array of different combinations and great ingredients for everyone to enjoy .



DESTINATION BRITAIN

The Destination Day for this month is Britain! This is the next stop on the food journey that we are taking students on. Great British classics are on the menu such as Cottage Pie, Toad in the Hole and Bubble and Squeak. Not forgetting some of our classic hot and cold desserts and great British sandwich fillings often forgotten about.