

FEEDING HUNGRY MINDS



WELCOME TO YOUR TERMLY NEWSLETTER!



**We are delighted to be
the chosen caterer in
your school.**

We believe that it is every child's right, not privilege to be able to eat a lunch that is freshly prepared everyday using quality, fresh and seasonal ingredients.

Over the next few pages, we have included a summary of how we engaged with our pupils in the last term, what is planned for the next few months, what do we do to constantly elevate and innovate and more.



Creating school memories

Since our last update in December, we have continued to provide a variety of workshops and healthy eating assemblies across Ealing schools with great success and with a lot of enthusiasm shown by the pupils!

Below we have selected a few snapshots of our activities!



Working with ProVeg to promote healthy eating

In Ealing, we are working in partnership with ProVeg, an international organisation that works to accelerate the transition to a sustainable global food system by making plant-rich foods and alternative proteins more accessible and appealing.

We are training all our kitchen managers and chefs to cook delicious plant based meals, and give them the tools and confidence to encourage students to try them.



Creating WOW moments



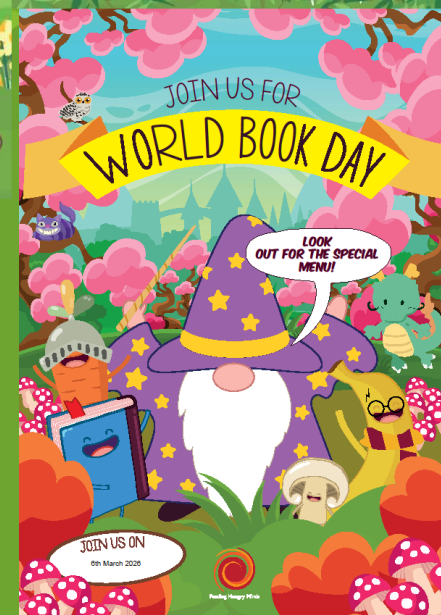
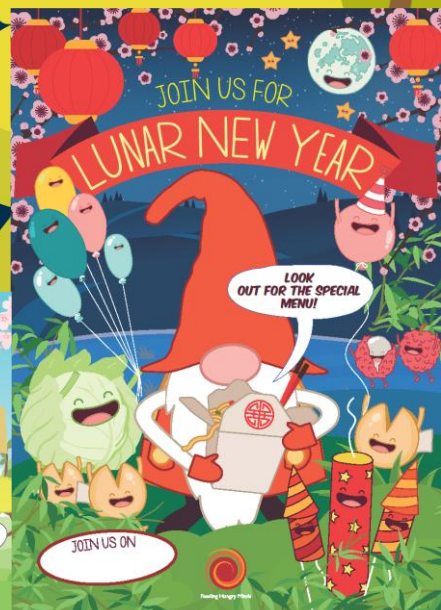
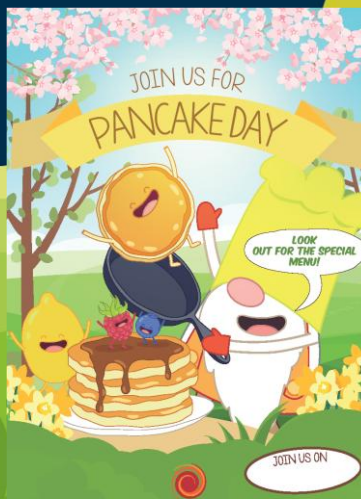
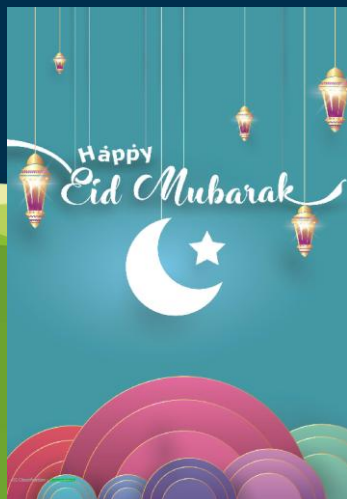
Since the last newsletter, we have celebrated a number of special occasions with our pupils as below:

Lunar new year – Oriental menu

World Book Day – Dressing up fun!

Special Menu for Eid celebrations

Pancake Day



No beans about it, our lunch teams are the best!

We have celebrated our kitchen teams with long service awards, with our GEM awards for going the extra mile for their little customers, and for outstanding results in cleaning and hygiene inspections!



BUILDING A BETTER TOMORROW

We're primed and passionate to drive real change when it comes to food - creating a better future for people, communities and the planet.

We recognise that we play an important role in helping to minimise our impact on the environment.

- We are reducing our carbon footprint Look out for the **Plates For The Planet** badge and **Coolfood** icon. We dedicate at least one day every week promoting plant protein and vegetarian dishes which are loaded with colourful vegetables. This helps children to expand and diversify the protein foods they eat and boost their fibre intake too!
- We are reducing our food waste by implementing good kitchen practices
- We are phasing out single-use packaging and gradually replacing them with reusable, recyclable or compostable items



WHAT IS ON OUR MENU?

We review and relaunch our menus twice a year. They are packed with homemade, nutritious, tasty and healthy food options to provide essential nutrients with something for every child to enjoy.

Celebratory Menus

We love to celebrate school food by hosting special pop-up days in our dining halls! It captivates students' attention and these theme days offer the opportunity to try new dishes and explore new flavours. From promoting healthy living, curriculum day topics or national days of celebration – we've got a special event planned for each month of the year.





DOING MORE TO HELP PUPILS TOWARDS THEIR 5-A-DAY



We have incorporated beans, pulses and more vegetables in some of our meaty classics to help children diversify their protein and increase their fibre intakes- giving them and the planet a plant powered boost!



The salad bar is packed full with plenty of fresh vegetables



Your menu has more vegetable focused meals - making them more nutritious and good for the planet.

So we've:

- ✓ Included more familiar dishes we know they love
- ✓ Re-engineered recipes to make popular dishes even healthier
- ✓ Created exciting options for KS2 pupils so the options grow as they do

Packed Full of Familiar Favourites

We understand that it's more important than ever for pupils to eat school lunch when for many of them, it may be their only hot meal of the day.

Our menu icons:



1 A
Day



Halal



Boosted



Plant
Based



Vegetarian



Coolfood



FOOD ALLERGIES, INTOLERANCES & MEDICAL DIETARY REQUIREMENTS

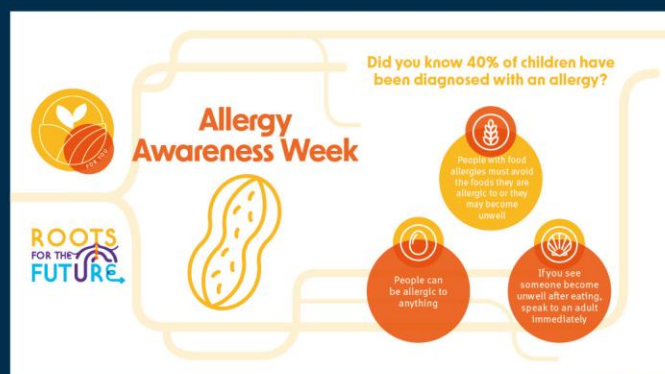
Our passion for children's health and supporting inclusive mealtimes means our priority is to support our young customers with their medical related dietary requirements wherever possible.

Our robust dietary safeguarding procedure is designed to safeguard children with medical dietary requirements and support the school catering teams involved in the preparation and service at mealtimes.

Following completion of our special diet menu referral process, our dedicated nutrition team will design a menu adapted for your child's medically diagnosed condition, ensuring they are suitable, offer a variety of healthy choices and where possible, include similar food options to their friends.

We also provide nutrition information for medical conditions such as diabetes for all of our food options.

Please contact your school reception for more information.



SINGAPORE CHICKEN NOODLES



EQUIPMENT

Chopping board
Sharp knife
Frying pan
Cooking spoon
Mixing bowls
Grater

INGREDIENTS

To make 4 portions:

2 tablespoons of
rapeseed oil

40g onion

A clove of garlic

100g white cabbage

100g carrots

60g red peppers

40ml water

180g egg noodles

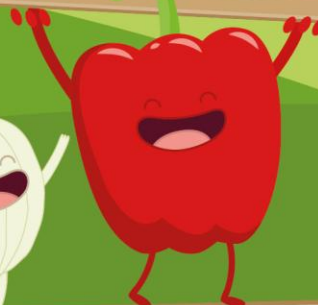
2 tablespoons of light
soy sauce

200g diced chicken
(about 1/2 inch cubes)

2 pinches of curry powder

2 pinches of fresh ginger

Some spring onion



METHOD

1. Mix chicken with curry powder and marinate it for at least an hour
2. Cook the noodles as per manufacturers instructions
3. Wash the vegetables then finely shred the cabbage, thinly slice the red peppers, peel the carrot and grate or thinly slice it
4. Peel and chop the ginger
5. Slice the spring onion finely and set aside
6. Place the oil in a pan on a high heat and add the marinated chicken and cook until brown then set aside
7. Reduce the heat and add the onions, garlic and ginger to the same pan and cook it for about 5 minutes until soft
8. Add the other vegetables and cook for another 2-3 minutes
9. Add the water, noodles, soy sauce and chicken
10. Cook until the sauce has reduced a little and the chicken is thoroughly cooked
11. Serve the dish and garnish it with the spring onion

Food for thought

Everything we do is driven by our passion to provide unique food experiences which nurture physical and emotional wellbeing and create sustainable outcome for children, school communities and the planet.

We thrive on feedback, and we would like to ask you to spare few minutes to share your feedback with us.

Take the
survey



Thank you for taking time reading this newsletter! If you need further information or you have a question, please speak to your school reception or visit our website:

www.feedinghungryminds.co.uk



Feeding Hungry Minds