

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

Over the past few months, we've been running a mix of workshops in our Barnet schools. Our AMAZING chef Aron has been leading every session, from pizza making to cupcake decorating and omelette challenges. We've seen hundreds of happy faces, and many pupils have come up to us asking for more events like these. Monika, our Area Manager, and Ania, our Ops Manager, tried to lend a hand too. Let's just say they gave it their best shot... even if Aron ended up rescuing them more than once, which the pupils found very entertaining.

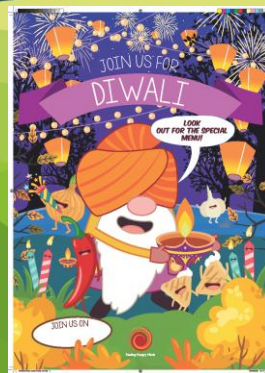
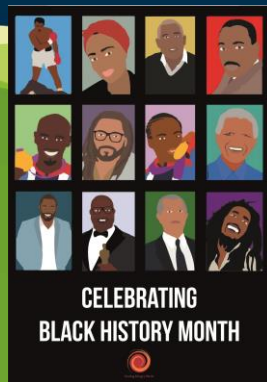
Everyone has enjoyed the experience, and now we're getting ready for the busy Picnic Lunch period.





Creating WOW moments

Since our last newsletter, the children have enjoyed a lovely mix of themed days and celebrations. We marked VE Day with a fun street-party style menu, and our Build It Your Way day let the children create their own favourite pasta dishes. Healthy Eating Week encouraged everyone to try more fruit and vegetables, and Cowboy Veggies added a playful twist to plant-based food. The Best of British theme was a big hit. We spent time learning and reflecting during Black History Month and ended the half-term Diwali activities.



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

We never forget to celebrate our Placemakers Long Service Awards as well as GEM (Going the Extra Mile), recognising the hard work and commitment they bring every day. Their dedication makes a real difference, and we are proud to have them on our team.

We also host a very successful Parents' Morning session. It's a lovely opportunity to come together, share food and recipes, and talk through our food policies in a relaxed and friendly setting.



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.

Main meals are packed with protein. Proteins are the building blocks of our muscles for a stronger body.

Starchy foods such as bread, rice, pasta and potatoes are the main source of carbohydrates needed to fuel learning and provide energy for playing! We incorporate wholegrain varieties wherever possible to provide more fibre, B vitamins and iron!

We offer a range of different coloured vegetables and fruit to provide a wider variety of vitamins and minerals!

All adding up to plenty of energy & nutrition for a productive afternoon!



Doing more to help pupils towards their 5-a-day

- We use homemade sauces packed with veggies
- We supercharge our meaty sauces with beans and pulses for more fibre and less saturated fat
- We use fruits and veggies in desserts too – our chocolate and beetroot brownie is delicious!



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

HEALTHY AND SUSTAINABLE DIETS

At school, mealtimes are about more than just food - they're about supporting children to grow, learn, and thrive. We as your school caterer are helping children build healthy habits through meals that are both delicious and balanced, setting them up for lifelong wellbeing, development, and learning success.

How Our Menus Are Created

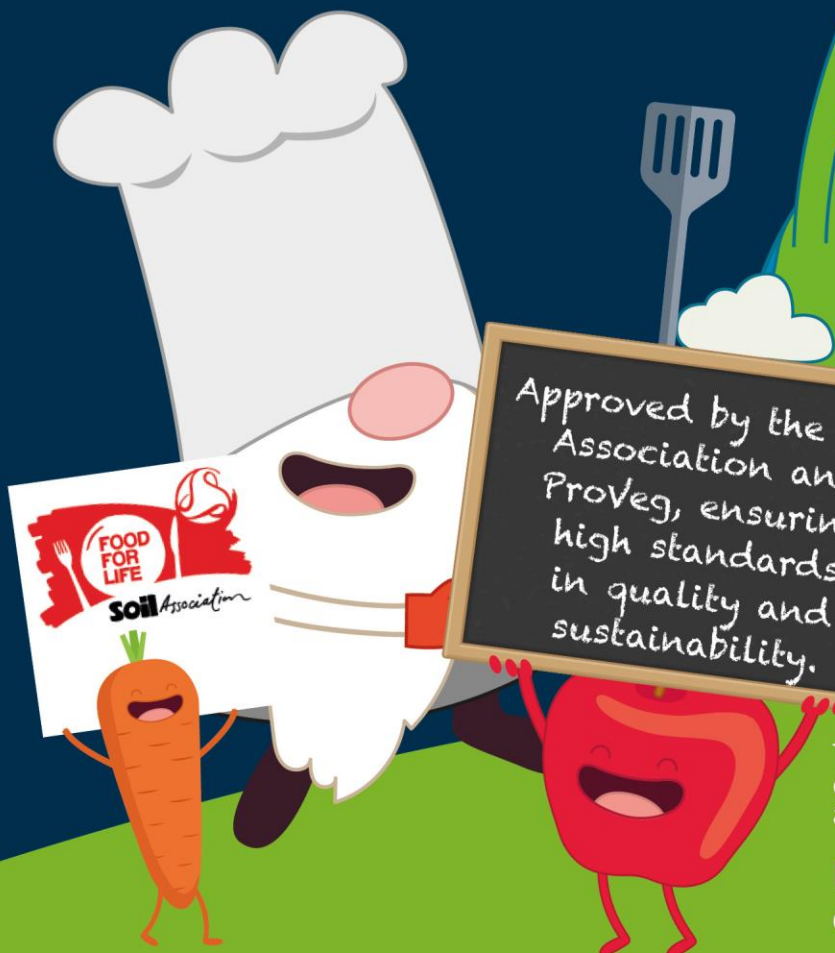
Our menus are designed by food experts working alongside registered nutritionists. Every dish goes beyond the **National School Food Standards** to provide the right nutrition for children - and now, more sustainable options too. This means we're looking after your child's health and the health of the planet they'll grow up in.

coolfood
FOR DELICIOUS CLIMATE ACTION

TRUSTED BY INDEPENDENT EXPERTS

To give you extra reassurance, our menus are:

We are the first primary school caterer in the world providing school meals that are accredited by Coolfood, an initiative of the World Resources Institute (WRI) that certifies low-carbon meals.



These recognitions confirm that the food your child enjoys at school is not only nutritious, but also making a positive difference for the future.

Every meal is a step towards healthier children and a healthier planet.

THE COOLFOOD EFFECT

Did you know that simply switching from a hamburger to a Coolfood Meal once a week, for a year, would save greenhouse gas emissions that are equivalent to?



Switching 50 incandescent bulbs to LED

The energy used to charge 158,000 smartphones

Planting 20 trees, letting them grow and release oxygen for 10 years

Saving the greenhouse gas emissions from driving a petrol car for 3,200 miles



We have committed to achieving a science-based target to reduce the climate impact of the food we serve. Look out for the Coolfood icon on your new menus.

MENU INNOVATION

We're always looking for new ways to make school meals exciting - dishes that children enjoy eating, that fuel their learning and that support a healthier planet.

We're proud to be using **Eat Curious** products in our plant-rich recipes. Made from pea and faba bean protein, these ingredients are free from chemical shortcuts and have a low carbon footprint-making them a cleaner, more sustainable choice.

By incorporating **Eat Curious**, we're enhancing our meals with great flavour, strong nutritional value, and a positive environmental impact. It's all part of our commitment to giving your child the best - on their plate and beyond.

Stir Fry & Egg Noodles



Garden Veggie Fried Rice



Lemon & Garlic Gyro



Eat Curious



LEMON &
COURGETTE

MUFFIN



EQUIPMENT

Chopping board
Sharp knife
Measuring jug
Mixing bowls and sieve
Fine grater
Clean cloth
Muffin tin and cases

INGREDIENTS

To make 12 muffins:

50g courgette

190g plain flour

5g baking powder

150g caster sugar

1 lemon

90ml rapeseed oil

3 large eggs

90ml milk



METHOD

1. Preheat oven to 160 Celsius
2. Zest the lemon
3. Wash and finely grate the courgette than place into a clean cloth and squeeze as much liquid as you can
4. Beat the eggs in a bowl and add the oil, milk, lemon zest and mix well
5. Using another bowl sieve together the flour and baking powder than add the sugar
6. Add the wet ingredients to the dry ingredients and fold the mixture together to form a smooth batter. Once this is done, fold through the grated courgette
7. Divide the mixture into the prepared cases and put the cases into the muffin tin
8. Bake for about 20-25 minutes or until cooked
9. Let it cool before eating

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