INTRODUCING YOUR NEW MENU



Feeding Hungry Minds

YOUR NEW MENU IS HERE!

We are excited to be serving up some exciting new flavours alongside some of our crowd-pleasing classics that we know children will love and will bring seasonal fun for everyone.

As always, you can expect our meals to be tasty and nutritious to support children's development and growth.

Each month we are focusing on a seasonal ingredient to educate children about food and nutrition in a fun and engaging way and is designed to encourage them eating more vegetables and fruits.

So, we look forward to welcoming our young diners and really hope that they enjoy the delicious menus on offer as they also learn a little bit about the food they eat along the way.

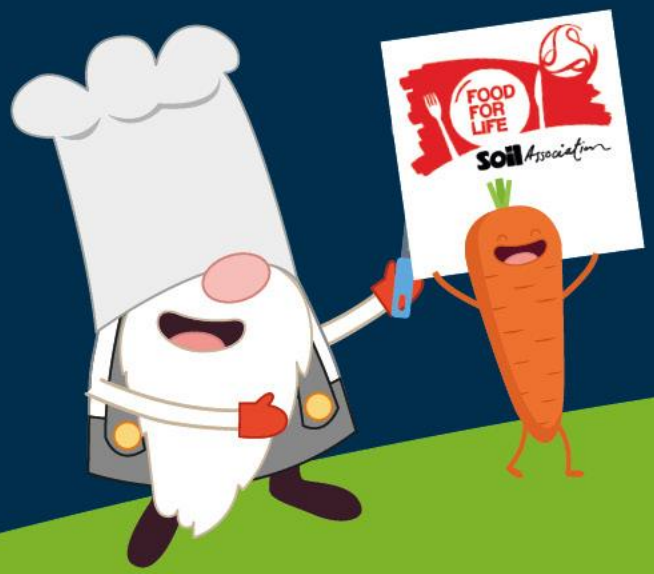


HEALTHY AND SUSTAINABLE DIETS

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.



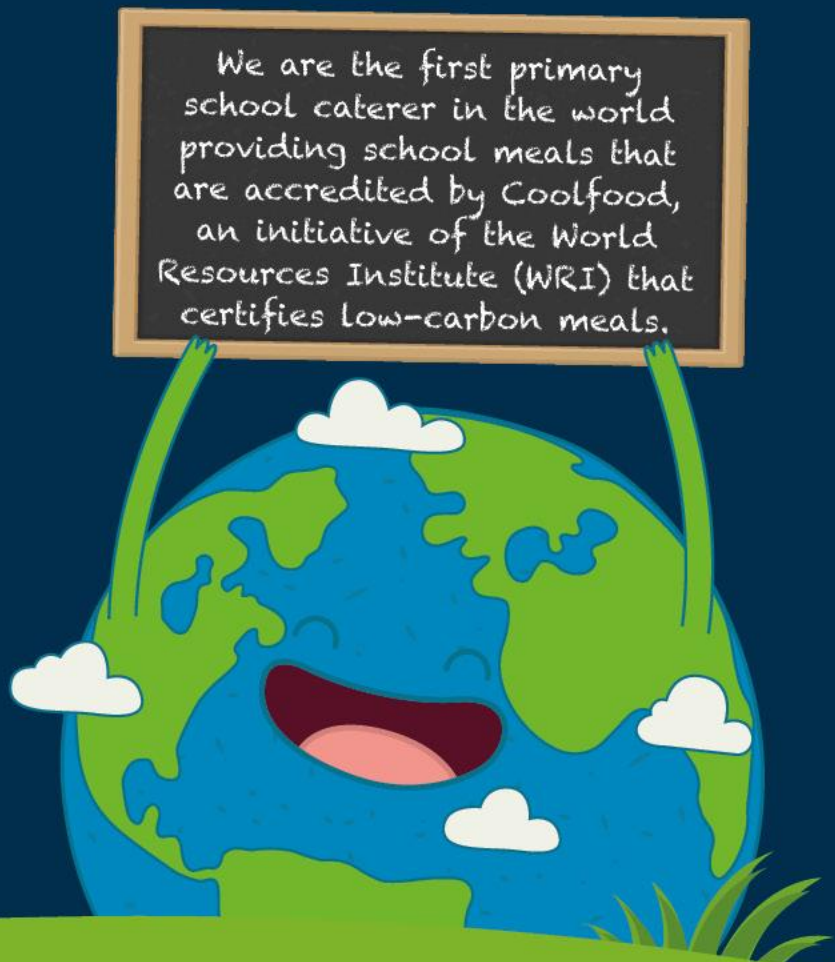
TRUSTED BY INDEPENDENT EXPERTS

To give you extra reassurance, our menus are:



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

°coolfood
FOR DELICIOUS CLIMATE ACTION



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

SUPPORTING OUR STUDENT'S HEALTH AND OUR PLANET ONE MEAL AT A TIME

As your school caterer, we're taking a fresh approach to school meals: making sure every plate not only nourishes young minds but also plays a part in creating a greener future.

Why this matters

Children need balanced, nutritious meals to help them learn, grow, and thrive. But the food they eat can also have an impact on the planet. We bring together innovative ideas and planet-friendly practices, so every school meal supports both children's health and a healthier world.

Coolfood accreditation

We're proud that our menus include Coolfood Meals - the first in the world to be externally accredited for primary school catering. Developed with the World Resources Institute (WRI), these meals have been scientifically assessed to meet strict standards for taste, nutrition, and low climate impact.

°coolfood
FOR DELICIOUS CLIMATE ACTION

What makes a Coolfood Meal special?

- **Tasty and balanced** - every recipe is designed to meet children's nutritional needs
- **Better for the planet** - dishes are created with a lower carbon footprint, helping to cut greenhouse gas emissions
- **Not just vegetarian** - many meals still include familiar proteins like chicken, sourced responsibly from Red Tractor approved UK farms, but with thoughtful tweaks to keep them climate-friendly

The result?

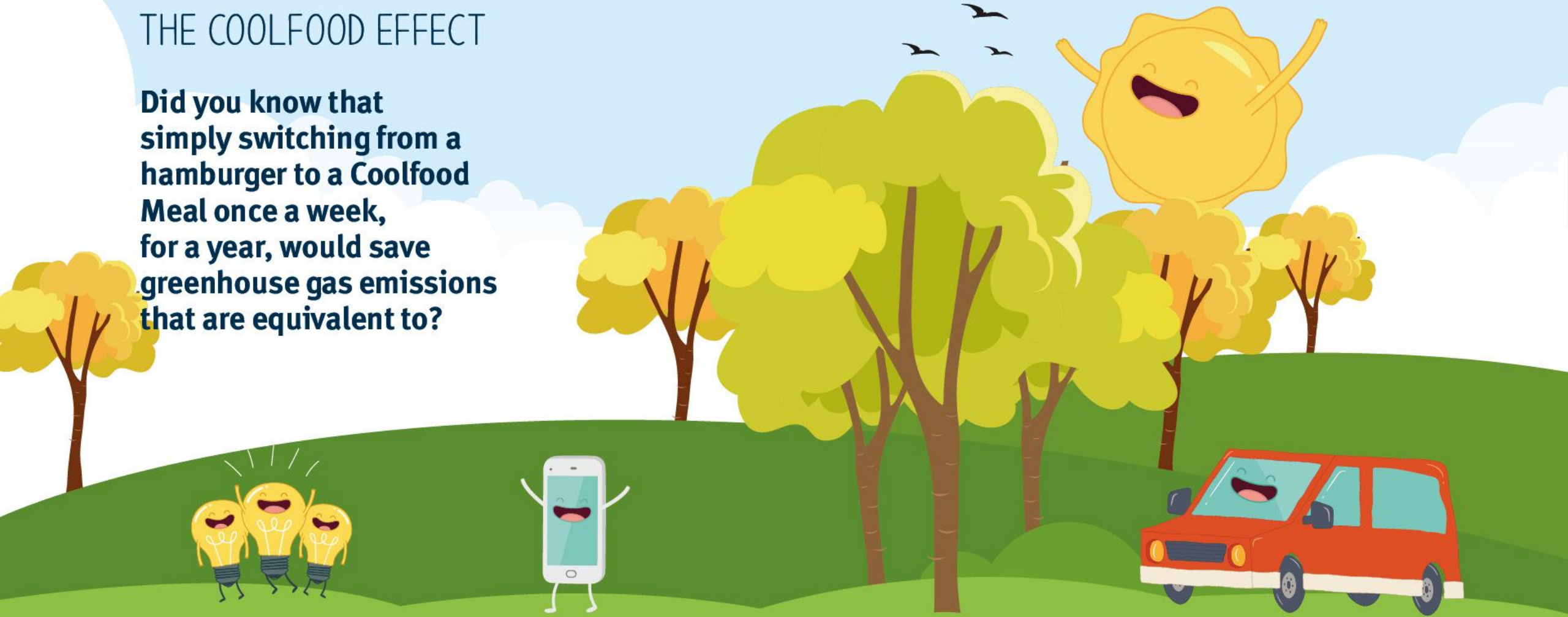
Children get meals that are reassuringly nutritious, delicious and familiar - with the added benefit of being kinder to the planet.

Every small choice at lunchtime adds up to a brighter, healthier future for our children and the world they live in.



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.

Eat Curious



FRESH FOOD YOU CAN TRUST

- **Over 75% of our meals are freshly prepared**
- **Our menus meet government quidelines**
- **We promote food provenance to pupils**



OUR MENUS ARE SCHOOL FOOD STANDARDS COMPLIANT

We check every menu to make sure that they offer a variety of different foods to help pupils thrive throughout the school day. Your menu is fully compliant with the school food standards and signed off by our nutritionists.



WE SERVE AT LEAST 3 NON-DAIRY PROTEIN DISHES EACH WEEK.



WE DON'T SERVE STARCHY FOOD COOKED IN OIL ANY MORE THAN TWO DAYS EACH WEEK.



WE MAKE SURE AT LEAST TWICE A WEEK WE HAVE DESSERT WITH 50% FRUIT IN IT.

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!

Nutritious main meal

Freshly baked bread

Trip to the salad bar

Dessert, yoghurt or

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.

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.

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

Our menu icons:

1 A Day | Halal | Boosted | Plant Based | Vegetarian | Coolfood



OUR MENUS ARE FOOD FOR LIFE ACCREDITED

Your new menu is Food for Life Bronze Served Here accredited - this means it includes:





BUILDING A BETTER TOMORROW

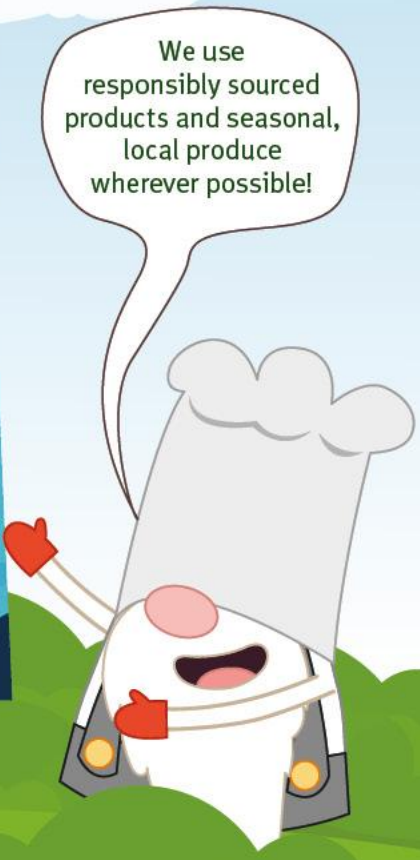
We're primed and passionate to drive real change when it comes to food - creating a better future for people, communities and the planet.

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







FOOD ALLERGIES, INTOLERANCES & MEDICAL DIETARY REQUIREMENTS

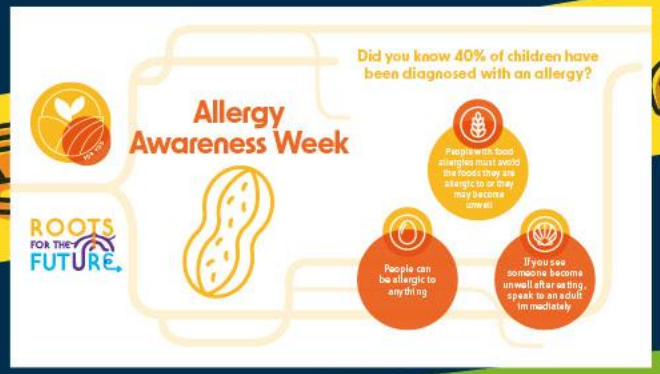
Our passion for children's health and supporting inclusive mealtimes means our priority is to support our young customers with their medical related dietary requirements wherever possible.

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.



EAT THE STREET

Our stepping stone between Primary and Secondary school - giving pupils in KS2 an exciting, more grown up offer and those starting secondary school a familiar, delicious offer to enjoy.

Eat The Street allows pupils to enioy familiar foods at different stages of their school journey and was built based on the pupils perspective.

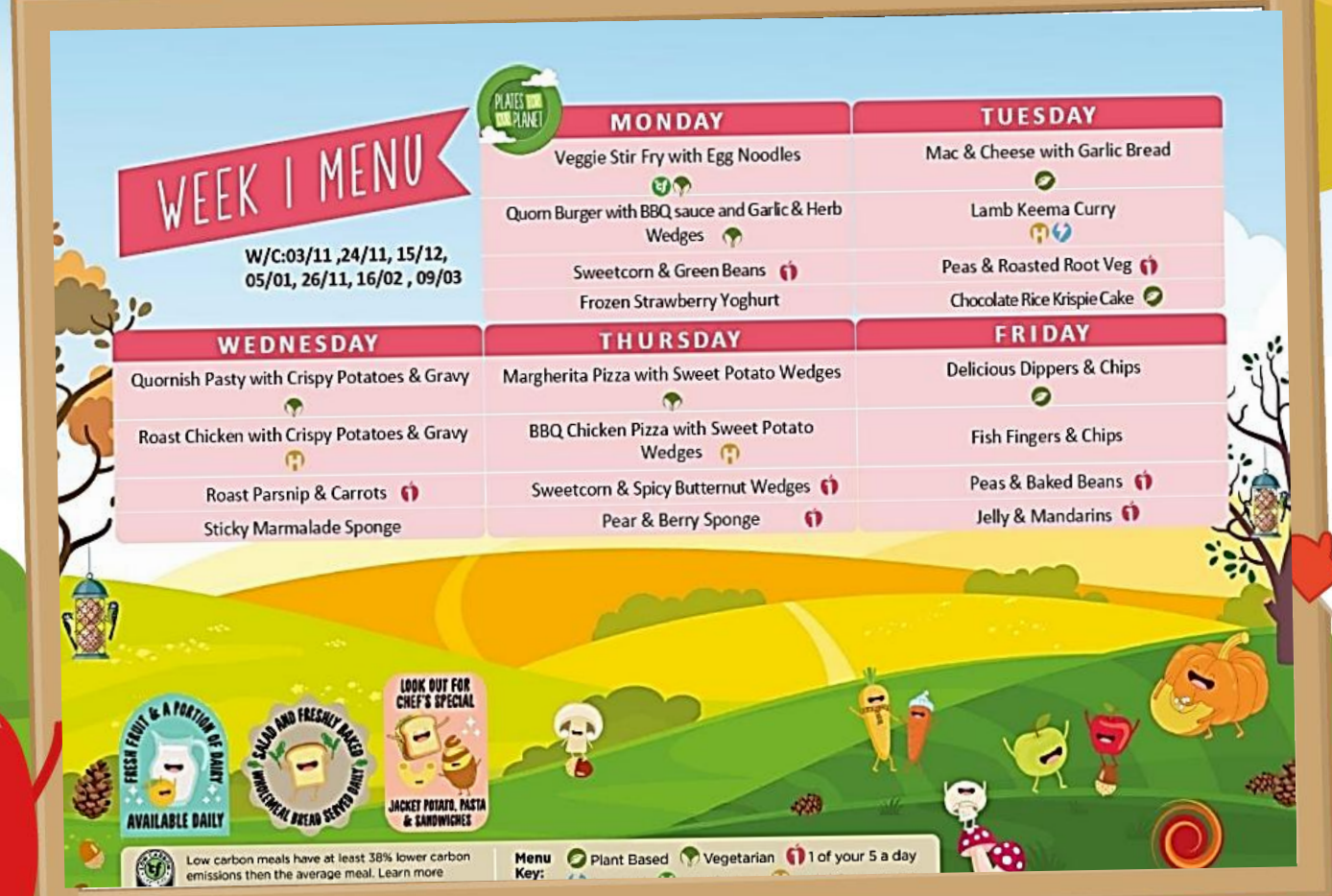
We surveyed 350 pupils. Their feedback and interests helped us to create dishes and brands to spark their interest and their taste buds.

The recipes have been created by our chefs and checked by the dedicated nutrition team to ensure they're nutritious, school food compliant and dellcious!

This exciting offer changes daily and is built just for years 5 & 6!



YOUR NEW SEASONAL MENU



YOUR NEW SEASONAL MENU



WEEK 2 MENU

W/C: 10/11, 01/12, 22/12, 12/01, 02/02, 23/02, 16/03

MONDAY	TUESDAY
Veggie Bolognese with Penne Pasta	Planet Friendly Sausage with Mash & Gravy
Cheese and Tomato Pinwheel	Chicken Sausage with Mash & Gravy
Peas & Sweetcorn	Broccoli & Roasted Mediterranean Veggie
Jam Sponge	Oaty Apple & Berry Crumble with Custard

WEDNESDAY	THURSDAY	FRIDAY
Piri Piri Veggie Strips with Crispy Potatoes & Gravy	Margherita Pizza with Herby Wedges	Cheese & Tomato Puff Square
Roast Chicken with Crispy Potatoes & Gravy	Singapore Chicken Noodles	Fish Fingers & Chips
Green Beans & Swede and Carrot Mash	Sweetcorn & Winter Slaw	Peas & Baked Beans
Chocolate Tiffin	Strawberry Jelly with Peach	Chocolate Shortbread

FRESH FRUIT & A PORTION OF DAIRY AVAILABLE DAILY

SALAD AND FRESHLY BAKED WHOLEMEAL BREAD SERVED DAILY

LOOK OUT FOR CHEF'S SPECIAL
JACKET POTATO, PASTA & SANDWICHES

Low carbon meals have at least 38% lower carbon emissions then the average meal. Learn more about this calculation at **www.eatcoolfood.org**

Menu Key: Plant Based · Vegetarian · 1 of your 5 a day · Boosted · Low Carbon · Halal & non-halal

YOUR NEW SEASONAL MENU

