

Newsletter

Food For Thought

We would like to tell you a little more about Pride Catering and your school lunches. Food should be one of life's positives and enjoyable experiences. Pride is committed to delivering menus that use fresh, local, seasonal and organic ingredients. We also use MSC (Marine Stewardship Council) fish from sustainable sources as well as high welfare meat, Free Range eggs and poultry.

All of our menus comply with the School Food Standards ensuring that the pupils not only have a delicious meal but have a balanced and nutritious one too.

Wherever possible we try to promote a balanced diet and healthy eating habits. Each day the children have a choice of three main dishes, with a carbohydrate and two vegetables. They also have a choice of a hot dessert, a piece of fresh fruit, cheese and biscuits or an Organic yoghurt. The salad bar is available every day and the children can choose as little or as much as they like. We also offer freshly baked bread every day.

Our September menu has been designed by our chefs using all their experience and innovation. We will be featuring some new dishes but will keep the old favourites too!

We would like to introduce some new characters to the Pride team, you will see them on our menus and they will be giving regular updates on our up and coming newsletters



Do it Together Recipe



Apple Crumble Recipe

Ingredients

- 500g Bramley Apples
- 100g Golden Caster Sugar
- 100g Self-Raising Flour
- 100g Porridge Oats
- 85g Butter, chilled
- 50g Light Brown Muscovado Sugar

Method

1. Ask a parent to help!
2. Preheat oven to 200°C. Place the peeled and cored apple quarters and sugar in a saucepan. Cover and simmer on a low heat for 15 minutes. When soft, but holds shape, pour the apple mixture into a baking dish.
3. In a bowl, rub together the flour, butter and oats until it is soft and crumbly. Add the sugar.
4. Spoon on top of the apple mixture and bake for 30 minutes, or until golden brown on top.
5. Serve with ice cream and enjoy!

We will be running a best recipe competition this Autumn term, the winners recipe will be featured on our next newsletter and next menu!

What's On

We will have the following theme days at your school in the Autumn term.

September – Indian Summer

October – Deliciously Scary Halloween

November – A Taste of Mexico

December – Christmas Special

Pupil Survey – Pride will be conducting a pupil survey this term with the pupils, we want to know what our junior consumers think about their school lunch and gather some of their great ideas too. This information will then be used to help us work on future menus and special days.



Farm News

Our apples for our Apple Crumble are grown by Robert Boucher on his farm just outside Sittingbourne, Kent. He has generations of experience in growing some of the world's finest fruit. Aspect and soil mixtures combine to give a diverse selection of apples and his innovative storage facilities mean we can enjoy the finest British apples from August to late May each year

Jonathan from Foodari Ltd (fruit and vegetable suppliers) will be coming to your school soon to talk to the pupils about the food they eat, where it comes from and to tell them about our farmers. For instance did you know that Colin's cabbages grow bigger the more he talks to them, it's not just rain, sun and good soil.

