

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.



A cheerful, anthropomorphic yellow sun with a large, open-mouthed smile showing a pink tongue and dark purple throat. It has two thin, stick-like arms raised in the air and two thin legs. The sun is positioned in the upper half of the frame, appearing to stand on a small, rounded green hill. The background is a clear, light blue sky.

Children for

A vibrant, cartoon-style illustration of a farm scene. In the foreground, a long table is covered with a white tablecloth and is laden with various food items, including bread, meat, and vegetables. To the left, a red tractor with large black wheels is parked on a green field. A farmer wearing a red hat and a blue shirt is standing next to the tractor. The background features rolling green hills and several trees with yellow and orange foliage, suggesting an autumn setting. The sky is a clear blue. The text "Children for" is written in a simple, black, sans-serif font in the upper left corner.

Creating WOW moments



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

VE Day Celebration - Street Party Menu

Bee Kind Day with special messages for the pupils

Healthy Eating Week promoting fruit and vegetables

Cowboy Veggies celebration of plant based food

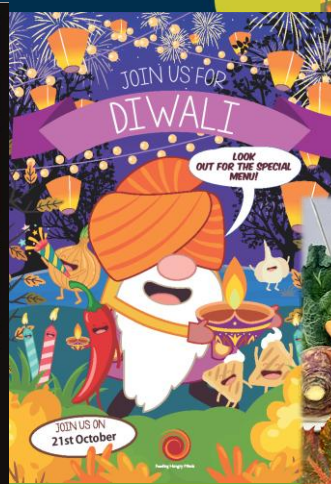
Best of British Menu

Harvest Festival

Black History Month

Diwali

Spooktacular Lunch



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

Our teams are going all out to celebrate with the schools and put up lovely displays – we are so proud of them.

We would also like to introduce the new Operations Manager for Ealing, Robert Ryan, who has been busy visiting schools and getting to know our catering teams and pupils across Ealing



Robert.ryan@uk.issworld.com

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



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:



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.

coolfood
FOR DELICIOUS CLIMATE ACTION



Approved by the Soil Association and ProVeg, ensuring high standards in quality and sustainability.

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.

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.

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.

Cher's Special Pasta Bolognese



Garden Veggie Fried Rice



Stir Fry & Egg Noodles



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FOR DELICIOUS CLIMATE ACTION

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	1 lemon
190g plain flour	90ml rapeseed oil
5g baking powder	3 large eggs
150g caster sugar	90ml milk



METHOD

1. Preheat oven to 160 Celsius
2. Zest the lemon
3. Wash and finely grate the courgette then 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 then 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