



KITCHEN CHRONICLE

Welcome to the first edition of Kitchen Chronicle which brings exciting news about our delicious school meals...

Food For Life schools' award

We are so confident in the quality of our in-house catering that we think we deserve recognition and so we have applied to be a part of the Food for Life schools' award programme; we can't wait to get started!



The programme helps us to think more about the food we fuel ourselves with, where we eat it and where it came from. We will be working with the allotment club to grow more of what we eat, sharing as much as we can with our community.

This means there will be plenty of opportunity for you as parents and friends of the school to get involved. Look out for our parent survey coming soon where you will be able to share your views and ideas.

More tastes, less waste

Did you know that the first school meals were served in 1906 but at that time the meals were usually breakfast? It became compulsory for schools to offer hot meals in 1944 - not so easy with rationing in place until 1954. Fast forward to 2014 and Universal Free School Meals were made available to all pupils in Reception and Years 1 and 2. 2015 saw the introduction of new guidelines ensuring that all meals served



to children in schools were healthy and nutritionally balanced. The idea behind UFSM is that children have access to a hot, healthy lunch in the middle of the day and so we are making changes that will not only up our hot food offer but will reduce food waste by asking children to be more specific in what they choose for their lunch in advance.

After half term, we will be moving to 5 options per day: the traditional hot meal, a vegetarian alternative to the hot choice, an exciting new 'street food' selection, a 'grab and go' lunch and lastly, hot baked potato with toppings.

These will all be accompanied by unlimited vegetables and salad, and fresh bread is always on offer. The daily dessert, fruit, cheese, jelly, or yoghurt is the perfect way to round off the meal.

An example of the new 'street food' menu could include fish finger wraps, Asian spring roll and noodles or BBQ pulled chicken. The grab and go selection could be a tasty tomato pasta pot, tuna baguette or filled pita bread.

We ask that you study the menu in advance with your children to help them make the right choice for them. They will then specify which option they would like during morning registration and that meal will then be made for your child, thus reducing food waste. We will be sending a copy of the new menu next week, alongside our usual school newsletter.

'Try it Tuesdays' will continue and of course, there will still be our famous special menus to celebrate events and festivals through the year.

Local business links

We are proud that our meat and bread are sourced from local businesses and we are always looking to build more relationships with trusted local producers and vendors. We are therefore delighted to let you know we have recently partnered with Piers and Suvi from High House Fruit Farm near Orford. They have recently supplied us with some delicious heritage cooking and dessert apples and some wonderful pears. These were made into crumbles by Year Five children Zachary, Yasna, Ahdia and Milo, under the expert direction of our Head of Kitchen, Mrs. Gale and sold to raise money to buy our own fruit trees.



Plot to plate



The allotment club have had a very fruitful year so far and their harvests have made it onto the serving hatch in the form of new potato salad, main crop potato wedges, strawberry-topped cakes, fresh French and runner beans, tasty tomatoes for the salad bar and sweet-flavoured peas. Still to come are cabbages, broccoli, leeks, carrots and chard - so much variety and the children can see it all growing before their eyes. We are working now on

extending our growing season so we can keep the kitchen supplied with home-grown goodness beyond the spring and summer months.

This newsletter will keep you up to date with all the news from the kitchen and our progress with the award.