

FOODIE NEWS!

Vol. 02 No. 02

JUNE 2016

whole
SCHOOL
meals

REAL FOOD. FOR REAL ENERGY

Whole School Meals Newsletter - www.wholeschoolmeals.co.uk



Welcome to our Spring newsletter.

This year seems to be flying in! As well as a delicious new lunch menu, we also have details of the 2016 Kent Cooks competition who we are proud sponsors of - more about this further down the page!

Our new menu includes some old favourites such as our mid-week roast, and back by popular demand is Taco Tuesday along with our southern style chicken and spaghetti bolognese!

As always, if you have any queries or wish to leave a comment, please do so on our website at www.wholeschoolmeals.co.uk or on our Facebook page. You can also phone us on **01304 611010**. We would love to hear from you.

The cost of a two course lunch remains low at £2.30 and includes bread, salad and water. I'm sure you'll agree this represents very good value for money.

Seasonal Eating

One of our priorities is to use seasonal produce in

our cooking. This is not only cost effective but is better for the environment too. Food in season also tastes better as fresh food has a higher vitamin and mineral content to give it a longer shelf life. Why not treat your taste buds to seasonal eating instead?

Food in season for June:

Fruit: Rhubarb, strawberries, bananas.

Veg: Asparagus, rocket, new potatoes, broccoli, peas

Kent Cooks Competition!

For all you budding master-chefs out there, if you'd like to showcase your culinary skills then don't hesitate to sign up for the KM Kent Cooks competition. This is an annual event open to children and young people between the age of six and 19 years old. Entrants will prepare a dish of their own creation which they think is tasty and healthy. Please note the closing date is 3 November 2016. Finalists have to cook their dish and present it in front of a panel of judges at a VIP lunch, as they compete for the prize money! If you'd like an entry form and more information on this exciting opportunity visit www.kentcooks.co.uk



Spring Term Recipe

*try it
at home!*

Banana Muffins

These are a healthy treat to make for the kids when they come in from school starving!

Ingredients (makes 12)

200g plain flour
150g caster sugar
½ teaspoon baking powder
1 teaspoon bicarbonate of soda
½ teaspoon salt
75g butter – melted
1 egg
3 large bananas – mashed

Method

1. Preheat oven to 180c/Gas 4.
2. Place 12 paper cases in a muffin tray.
3. Sift flour, baking powder, bicarbonate of soda and salt.
4. In a separate bowl combine mashed bananas, egg, sugar and melted butter. Fold in flour mixture and mix until smooth.
5. Spoon mixture into paper cases and bake for 25-30 minutes or until muffins are springy on top.

For extra yumminess - why not try adding cinnamon, blueberries or chocolate chips?

FOOD FACTS

Bananas

Bananas are the original fast food! They come pre-packed and are bursting with nutrients. They have several health benefits too – studies have shown that they can help to lower blood pressure, lift your mood and protect against diabetes to name but three.

Did you know...?

- Bananas are packed with potassium and vitamin B6.
- A cluster of bananas is known as a hand.
- They don't grow on trees – the banana plant is the largest herbaceous flowering plant in the world.
- Over five billion bananas are consumed annually in the UK!
- India is the leading producer of bananas.
- You can polish your shoes with the inside of a banana skin!
- Rubbing mosquito bites with the inside of a banana skin alleviates itching!



LOTTERY FUNDED



Whole School Meals Menu - Terms 6 & 1 2016

Monday

Tuesday

Wednesday

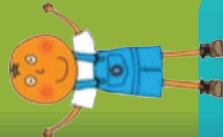
Thursday

Friday

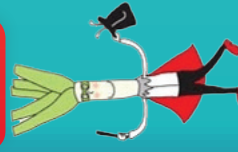
Week 1



Week 2



Week 3



whole
SCHOOL
meals

Pizza Whirl
or
Curried Veggie Pasty
Pasta

Peas/Coleslaw

Ice Cream/Fruit Smoothie
Fresh Fruit/Yoghurt

Chicken Tacos
or
Cheese Ploughman's

Savory Rice

Sweetcorn

Cheeky Chocolate Cake &
Chocolate Sauce
Fresh Fruit/Yoghurt

Roast Gammon & Gravy
or
Cheesy Leek & Potato Pie

Roast Potatoes

Local Seasonal Vegetables

Fruit Jelly
Fresh Fruit/Yoghurt

Spaghetti Bolognese
or
Vegetable Biryani

Garlic Bread

Carrots

Apple Studel & Cream
Fresh Fruit/Yoghurt

Fish Fingers & Tomato Ketchup
or
Egg Salad

Chips or Pasta

Peas/Baked Beans

Cookie & Milk
Fresh Fruit/Yoghurt

BBQ Pulled Pork Wrap
or
Veggie Sausage Roll

Savory Rice

Sweetcorn

Summer Fruit Cake
Fresh Fruit/Yoghurt

Roast Turkey with Stuffing & Gravy
or
Quorn Meatloaf

Roast Potatoes

Local Seasonal Vegetables

Angel Delight
Yoghurt/Fresh Fruit

Baked Sausages with Onion Gravy
or
Macaroni Cheese

Creamy Mash Potato

Green Beans

Marble Sponge & Vanilla Sauce
Fresh Fruit/Yoghurt

Salmon Goujons & Tomato Sauce
or
Vegetable Samosas

Chips/Pasta

Peas/Baked Beans

Fruit Salad
Fresh Fruit/Yoghurt

Jacket Potato served with a choice of fillings
or
Roasted Vegetable Fritrata

Mixed Salad leaves & Cherry Tomatoes

Raspberry Ripple Mousse
Fresh Fruit/Yoghurt

Chicken Burger in a Bun
or
Cheese & Onion Quiche

Rice or Pasta Salad

Home-made Coleslaw

Iced Carrot Cake
Fresh Fruit/Yoghurt

Roast Lamb with Minted Lamb Gravy
or
Quorn Sausages

Roast Potatoes

Local Seasonal Vegetables

Ice Cream/Fruit Smoothie
Fresh Fruit/Yoghurt

Savoury Minced Beef served with a Puff Pastry Top
or
Quorn Stir Fry

New Potatoes

Broccoli

Peach Crumble Cake & Custard
Fresh Fruit/Yoghurt

Battered Fish & Tomato Sauce
or
Cheese & Onion Puff

Chips/Pasta

Peas/Baked Beans

Flapjack & Fruit
Fresh Fruit/Yoghurt