

FOODIE NEWS!

whole
SCHOOL
meals

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

REAL FOOD. FOR REAL ENERGY

May is in full swing and a much needed spring half term is fast approaching us! And boy, our menu for terms 5 & 6 is going down a storm! With all sorts of delicious dishes being introduced or making a tasty come back, our children are LOVING this menu.

Packed full of meals that promote balanced eating, our dishes are all about introducing children to new flavours and textures, whilst offering classic options to ensure that our menu caters for all! From the pickiest, to those with allergies, to the 'fanatic foodies', there is something for every child and this is something that we are proud of.

Exciting news! Parents/guardians, we are in the middle of developing our Whole School Meals App so that you have access to our menus at a click of a button!

*try it
at home!*

Dippy Eggs with Bacon & Asparagus Soldiers

- 8 asparagus spears (about 300g), woody ends discarded
- 4 long thin slices rustic bread (preferably sourdough)
- 8 rashers smoked streaky bacon or pancetta
- 4 eggs

TOP TIP!
If you don't have a grill you can use a Griddle Pan.

Method

- 1 - Heat your grill to high. Cut the bread into 12 soldiers, a little shorter than the Asparagus.
- 2 - Place a spear of Asparagus onto each soldier and wrap tightly with a rasher of bacon. Place on a baking tray & grill for 15 mins or until the bacon is crisp.
- 3 - Bring a pan of salted water to the boil & simmer the eggs for about 4 mins, to get a runny yolk and a cooked white. Serve immediately with the warm soldiers for dipping.

Send photos of your attempts for a shout out on our FB or Instagram accounts- @wholeschoolmeals

COMPETITION TIME!

Are you a 'Foodie'? Do you like to write? or are you creative? or simply want to try new things?



Well then We Want You! Here at Whole School Meals we want pupils to get involved and create 'creative' work all to do with food. Whether you like to draw, write poetry, take photographs, write a song or create recipes we are looking for AMAZING work all to do with balanced dishes.

We are searching for creative work inspired by your dream BALANCED meal! ALL submissions will be posted across our social media sites and webpage and the best dish will get featured in our next menu!

Submit your work to- @Wholeschoolmeals on FB or Instagram with the hashtag: Wholeschoolmeals or email:

marketing@wholeschoolmeals.co.uk

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