



NOURISH YOUR CHILD'S INNER SUPERHERO



HELLO AND WELCOME TO TAYLOR SHAW - WE ARE THRILLED TO BE FEEDING YOUR LITTLE SUPERHEROES!

WE ARE FOCUSED ON NUTRITION

Nothing can be more important than ensuring the food we provide to your kids during their school day helps them towards a healthy lifestyle – now and in the future. We know that great nutrition can mean improved concentration, increased energy and better wellbeing – all super skills needed to make the most of their all-important time at school!

We use the FAB4 as a fun way to introduce great nutrition and engage primary age kids with what they are eating. Our FAB4 characters aim is to encourage children to try different foods and to understand where food comes from, what it can be used for and why is it good for them to eat. We do this because it is a top priority for us to deliver a healthy diet along with choice and value – the choices that we know kids love!

We pride ourselves on providing them with the very best – from sourcing our ingredients with **Red Tractor** and **Marine Stewardship Council** to using teams of dieticians and professional chefs to create each and every meal we serve to your child. We only use free range eggs in our desserts and bakes and we try to use local ingredients wherever possible to give them the best we can. As a minimum all our school food adheres to **Bronze Food for Life standard** so you can be sure your child is eating everything that is good for them and good for the wider community too!

Our dishes are produced from scratch, and seasonal and locally produced fresh produce is used in preference to tinned, dried or otherwise preserved foodstuffs - if this is used, it is always of the highest quality. A minimum of 75% of our dishes are made from scratch ingredients & we always cook freshly each day.

- Quality, fresh Red Tractor prime cuts of meat
- Sustainably sourced and MSC certified fish and dolphin-friendly tuna
- Semi-skimmed milk
- Free range eggs
- All dishes cooked on the day
- All recipes are checked to avoid unnecessary allergens

We're confident you'll agree that our menus are modern and exciting and we hope that your child will look forward to their choices each day. If you currently make packed lunches why not give yourself a break next September and let them get involved?

ABOUT TAYLOR SHAW

We were early adopters of the **Responsibility Deal** as a vehicle for improving public health and we continue to work closely with government to follow voluntary industry best practice as well as ensuring adherence to legislative requirements such as School Food Standards.

As an Elior company, Taylor Shaw is backed by world class resources. Elior, one of the major international contract food organisations, operates in 15 countries and has 120,000 employees who serve 4.4 million customers every day in 23,000 sites.



WHY DO WE USE RED TRACTOR?

The Red Tractor logo is a mark of quality food you can trust! It is the largest food standards scheme in the UK, covering all the areas you might care about - animal welfare, food safety, traceability and environmental protection. The food and drink they approve has been responsibly produced to some of the most comprehensive and respected standards in the world. All stages are regularly checked by independent experts.

RED TRACTOR FOOD IS THE FOOD OF SUPERHEROES!

Red Tractor insists on rigorous production standards from farms to pack. They don't allow growth hormones or antibiotic residues in your meat. Just good quality food at its seasonal best!

They know where all Red Tractor food and drink comes from!

Every stage of the journey is checked. Their systems ensure that all food can be traced right back to the original British farms.

Red Tractor farmers care about their animals!

They visit every farm and only skilled people are allowed to look after livestock. Their standards mean animals have suitable space, and the right food and water to ensure they're healthy. On Red Tractor farms, vets only prescribe medicines when animals are ill.

RED TRACTOR FARMERS CARE ABOUT OUR COUNTRYSIDE!

Their land is their office and their home so they want to look after it! Fertilisers and pesticides are used only when necessary to keep crops healthy and always in a manner that reduces the risk of pollution and impact on wildlife.

The Union Jack flag in the Red Tractor logo confirms the food we feed your children has been born, grown, prepared and packed in the UK.

Every stage of the journey is checked. The Red Tractor systems ensure that all food can be traced right back to the original British farms.

To learn more about Red Tractor, please visit <https://www.redtractor.org.uk>



WHY SHOULD SUPERHEROES EAT FISH?

According to the NHS Live Well website (<https://www.nhs.uk/live-well/eat-well>) a healthy diet should include at least two portions of fish a week, including one of oily fish.

That's because fish and shellfish are good sources of many vitamins and minerals.

Oily fish - such as salmon and fresh tuna - is also particularly high in long-chain omega-3 fatty acids, which may help to keep hearts healthy.



AND WHY DO WE MAKE SURE IT'S MSC FISH?

For 20 years the Marine Stewardship Council has been part of a team effort to keep oceans healthy and full of life. Choose the blue fish label and make sure the fish you eat can be traced back to a sustainable source.

Check them out for 10 reasons to choose MSC certified fish!

<https://www.msc.org/what-you-can-do/10-reasons-to-choose-the-blue-fish-label>

Taylor Shaw has signed up to the Sustainable Fish Cities pledge and rolled out the Marine Stewardship Council's Chain of Custody during 2016. We were one of the founding members of the Responsible Fishing Alliance and only serve fish that is on the Marine Conservation Society's 'fish to eat' list, with 19 fish species removed from our menus. We are listed on the Sustainable Fish Cities League table 2017. 100% of both our fresh and frozen fish is sustainably sourced.

SOIL ASSOCIATION FOOD FOR LIFE ACCREDITATION

At Taylor Shaw, we are leading the way in contract catering and our relationship with the Soil Association is seen as a guiding example for other caterers to aspire to. The Catering Mark offers bronze, silver and gold awards, to encourage caterers to make step-by-step progress towards using more local, seasonal and organic ingredients.

At bronze, 75% of meals are freshly prepared, meat is from farms which satisfy UK welfare standards and all eggs are from cage-free hens. No fish from the Marine Conservation Society's 'Fish to Avoid' list can be served, and food is free from undesirable additives or trans fats.

For the silver and gold awards, in addition to the bronze standards, points are awarded for every percentage spend on organic, free range, Fairtrade and locally produced ingredients, as well as for steps taken to promote healthy eating. A minimum of 5% of total ingredient spend on organic is required at silver, 15% at gold - including one animal product.

At Taylor Shaw, we adopt the **bronze** standard across all our schools - but we also have a number of schools that operate **silver** and **gold** standards if the school desires this level of delivery.

We have a dedicated Menu Management Development Chef, Trevor Knibb who oversees the menu compilation process. Trevor works a season ahead with our Development Chef Team, Catering Managers and Offer Development Managers to create delicious, School Food Standard compliant menus. He is currently working on menus that meet 'Food for Life' Silver and Gold standards and we will launch these at a number of our schools at the start of the 2018 autumn term.



I LOVE CREATING
EXCITING NEW DISHES
BY MIXING DIFFERENT
INGREDIENTS.
YOU SHOULD
GIVE IT A GO!



**FUSION
FLO**

KNOWING
FACTS ABOUT WHAT
YOU ARE EATING
IS SO MUCH
FUN!!!

**LIZ
GIZMO**



**MIGHTY
MIKE**



**THE
FAB4**



**SONIC
BOONE**

I GET ALL OF
MY STRENGTH FROM
EATING FRESH &
HEALTHY FOOD!

HEY DUDES,
MAKE SURE YOU
DRINK PLENTY OF
WATER!!!

Taylor Shaw
Seeing food differently

The 'FAB4' characters have been specially designed to help children understand about food, its benefits and what it brings to a person's body in terms of nutrition.



PRIMARY AUTUMN WINTER 2018/2019 MENU

WEEK ONE

BROADSTONE HALL



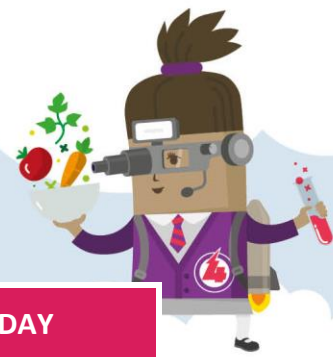
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Turkey meatballs in a rustic tomato sauce served with rice	Classic beef Lasagne topped with Mozzarella served with Garlic Dough balls	Our Roast of The Day, served with all the traditional accompaniments, Roast Potatoes, Sage & Onion Stuffing and Gravy	Mild Chicken Curry served with Steamed Brown Rice and Garlic Naan Strips	Freshly Baked Fillet of Battered cod MSC certified Fish with Chips or Baked Wedges
Vegetarian Main Course	Macaroni Cheese Bake	Roasted Vegetable Sausages, Gravy & Creamy Mash	Quorn Roast/Lentil Roast with all of the roast dinner trimmings	Vegetable, Basil and Wholemeal Tortilla Lasagne with Garlic Doughballs	Baked Vegetable Spring Roll with a Curry Sauce and Vegetable Brown Rice or Chips
Jacket Potato and Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Garden Peas & Broccoli	Fresh carrots & Sweetcorn	Sliced Green Beans & Cauliflower	Roasted peppers & Sweetcorn Savoy Cabbage	Garden Peas or Baked Beans
Salads	Salad selection	Salad selection	Salad selection	Salad selection	Salad selection
Bread/fruit	Fresh Bread And fruit served daily	Fresh Bread And fruit served daily	Fresh Bread And fruit served daily	Fresh Bread And fruit served daily	Fresh Bread And fruit served daily
Dessert	Reduced Sugar Banana & Chocolate Muffin/Cake Or fruit yogurt	Cherry and Sultana Flapjack Or fruit yogurt	Fruit Jelly & Ice cream Or fruit Yogurt	Pear and Cinnamon Cake with Custard Or fruit yogurt	Chocolate Brownie Or fruit yogurt





PRIMARY AUTUMN WINTER 2018/2019 MENU

WEEK TWO



BROADSTONE HALL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Tuna Pasta Bake with Fresh Herbs and Garlic Bread	Braised Red Tractor Beef, and Potato Pie, and it's topped with our delicious shortcrust Pastry!	Our Roast of The Day, served with all of our Seasons Fresh Vegetables, Roast Potatoes, Yorkshire Pudding and a delicious Gravy	Traditional beef Shepherd's Pie, served with Gravy	Freshly Baked pollock/cod Fish Fingers with Chips or Baked Wedges
Vegetarian Main Course	Pizza Slice served with a Fresh Garden Salad	Roasted Vegetable Casserole topped with Fresh Parsley & Cheddar	Quorn Roast/ with all of the roast dinner trimmings	Vegetable curry with Wholegrain rice	Oven Baked Bean Burrito with Vegetable Rice or Chips and tomato Sauce
Jacket Potato and Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Garden Peas & Fresh carrots	Sweetcorn & Broccoli	Sliced green beans & fresh carrots	Braised Red cabbage & Sweetcorn	Garden Peas or Baked Beans
Salads	Salad selection	Salad selection	Salad selection	Salad selection	Salad selection
Bread/fruit	Fresh Bread And fruit served daily	Fresh Bread And fruit served daily	Fresh Bread And fruit served daily	Fresh Bread And fruit served daily	Fresh Bread And fruit served daily
Dessert	Apple Crumble with Custard Or fruit yogurt	Fruity Flapjack Slice Or fruit yogurt	Fruit Jelly & Ice cream Or fruit yogurt	Banana Gingerbread Pudding and Custard Or fruit yogurt	Blueberry Muffin/Cake Or fruit yogurt

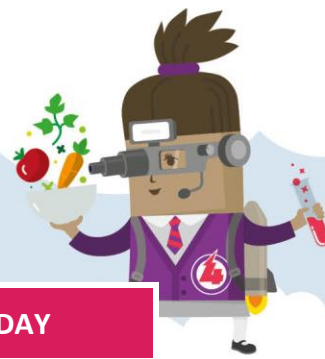




PRIMARY AUTUMN WINTER 2018/2019 MENU

WEEK THREE

BROADSTONE HALL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	British Farm Assured Chicken Sausages & Mash with Gravy	Beef Bolognese with Penne Pasta	Our Roast of The Day, served with all the traditional accompaniments, Roast Potatoes, Sage & Onion Stuffing and Gravy	Chicken breast in a rustic tomato sauce served with rice	Freshly Baked pollock/cod Fish Fingers with Chips and Garden Peas
Vegetarian Main Course	Bubble and Squeak Frittata Slice served with a Fresh Garden Salad	Bean Stew with a Mild Spiced Tomato Sauce and Folded Flatbread	Quorn Roast/Lentil Roast with all of the roast dinner trimmings	Chickpea and Aubergine Dhansak with Wholegrain Rice	Vegetarian Brunch
Jacket Potato and Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Peas & Broccoli	Sliced Beans & Sweetcorn	Carrots & Savoy Cabbage	Roasted Mediterranean vegetables Broccoli	Garden peas Or Baked beans
Salads	Salad selection	Salad selection	Salad selection	Salad selection	Salad selection
Bread/fruit	Fresh bread and fruit Served daily	Fresh Bread and fruit Served daily	Fresh Bread and Fruit served daily	Fresh Bread and fruit Served daily	Fresh Bread and fruit Served daily
Dessert	Eves Pudding & Custard Or fruit yogurt	Superfood Flapjack Or fruit yogurt	Fruit Jelly & ice cream Or fruit yogurt	Banana Muffin or Traybake Or fruit yogurt	Chocolate crunch slices or fruit yogurt





Taylor Shaw

Seeing food differently

