

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.



Creating school memories

In the last term, we have celebrated Pancake Day and World Book Day with thousands of children in Ealing, presented dishes from our new Spring menu to parents inside and outside (thankfully the weather was kind..) and have made our dining rooms more colourful with creating displays of fruits and vegetables used in our dishes, as well as our tasty homemade bread.

We have included a small selection from our special moments below – there were too many to include them all...



Creating WOW moments



In this summer term we are planning to celebrate some special occasions with exciting and engaging menus so please look out for those arriving in your Inbox!

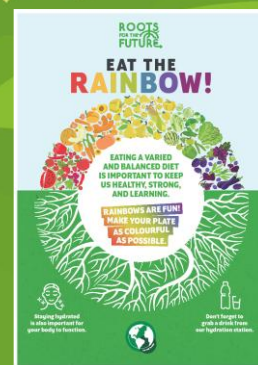
8th May 2025 VE Day Celebration Street Party Menu

5th June 2025 Bee Kind Day with special messages for the pupils

9th June – 13th June Healthy Eating Week we will be promoting fruit and vegetables

24th June 2025 Cowboy Veggies celebration of plant based food

16th July 2025 Best of British Menu



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

We were lucky to give out a number of long service awards in the past term and are proud of our loyal team in Ealing.

We would also like to introduce the new Key Accounts Manager for Ealing, Karin Hafner, who is working closely with Louise Castle, Ops Manager and the wider management team in Ealing.



Karin.Hafner@uk.issworld.com



Our desserts explained

At ISS Education we ensure all our base menus are compliant with the mandatory food-based standards as set out by the School Food Plan, commissioned by the Department for Education (January 2015). These menus are designed to help children develop healthy eating habits, while offering the energy and nutrition they need to fuel their learning to get the most from their school day.

ISS Education agree it is important the correct type of desserts are served, not only for variety in the diet, but the types we serve also provide a valuable source of energy to ensure growing children are receiving the correct amount of energy (kcal) at lunch to see them through the afternoon (i.e., approximately a third of their total daily requirements). Desserts such as flapjacks, crumbles and biscuits containing oats provide carbohydrate for energy, fibre and B vitamins; custard is a good source of calcium, and cocoa is a good source of iron.

Following the School Food Plan, items such as confectionary and chocolate are not permitted within school lunches due to their high sugar, fat and overall energy content. Therefore, any desserts described as 'Chocolate' are made with cocoa and this includes chocolate sauce with ice cream. Each week of the menu cycle, there are at least two desserts containing 50% fruit, contributing to one portion of a child's daily fruit and vegetable intake and providing added fibre, vitamins and minerals. From the new April 2025 menu, 80% of the desserts are classed as medium or low for sugar content and for any children who do not want the standard dessert, yoghurt and fruit is available every day.

We are continuously reviewing our recipes and working with our culinary team to look at ways we can improve our dessert options and reduce the sugar content further.



Taste of the New Menu

We are very excited about our Spring menu and really hope the children will enjoy our new and improved recipes...

We have packed them full of healthy vegetables, pulses, herbs and spices, so please come and try them!

Or why not try and make one of our new recipes at home?



Tarka Dhal

Recipe list for 4-6 people

1 tbsp vegetable oil
2 brown onions – peel and chop into 1cm dice
2 garlic cloves
1 tbsp curry powder (or more if you dare..)
1 tsp ground cumin
2 tsp ground turmeric
1 sweet potato – wash, peel and chop into 1cm dice
150g dry red lentils
1 tsp tomato paste
1 tin chopped tomatoes (or 500g fresh chopped tomatoes)
2 tsp vegetable bouillon powder
2 tsp garam masala
200g fresh spinach

1. Put lentils in a pot of cold water, bring it to boil and simmer until lentils are soft but not mushy
2. In a thick bottomed pan, heat the oil and then add the chopped onions and cook for 5 minutes
3. Turn the heat down and then add the garlic, curry powder, turmeric and cumin and cook for about 2-3 minutes, stirring so the spices do not burn
4. Add the diced sweet potatoes and cook for a further 5-8 minutes
5. Stir in the drained lentils, bouillon powder, chopped tomatoes and tomato paste and 500ml of boiled water and cook for 25-30 minutes on a medium heat until it has a nice stew consistency
6. Once the dahl is cooked, add the garam masala and spinach, then stir well
7. Cook for a further 5 minutes
8. Serve with rice or flatbread



Plates for the Planet

We're passionate to drive real change in the food industry – creating a better future for people, communities, and the planet. We recognise that all our activities can affect the environment, and we do what we can to minimise our impact.

- We supercharged our homemade meaty sauces with pulses that not only reduce the carbon footprint of the dish but also provide a more nutrient dense meal for your child. Look for the Plates For The Planet badge on our menu.

- We use responsibly sourced local products which leads to offering seasonal and fresh items and minimises food transportation.
- We are reducing food waste by implementing best practices.
- We are phasing out single use packaging and gradually replacing them with reusable, recyclable or compostable items



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