



Welcome

Welcome to Food for Thought – our brand new termly newsletter

At Enquire Learning Trust we are really excited to share the launch of our new catering offer FOOD STARS!

We are passionate about ensuring our catering offer helps the children attending our academies to thrive.

With this in mind we have taken the bold decision to move our catering 'in house' with the ambition of helping children perform to their highest potential. Our hope is that our healthy menus will prove both popular and value for money.

KEEP AN EYE OUT FOR OUR
THEME DAYS!

British Food Fortnight
Curry Week
Halloween
School Meals Week
Bonfire Night
Children in Need
Turkey & Tinsel

Locally Sourced

Eggs come from free range hens
Red Tractor certified meat
Sustainability sourced fish



Did you know?

Taking up free school meals has benefits for everyone:

- Children get a healthy nutritious meal for free!
- Families entitled to free school meals could save **£400** per year, per child

Only 1% of packed lunches meet the nutritional standards that currently apply to school food

Register online at:

<http://www.gov.uk/apply-free-school-meals>

or pick up an application form at your child's school

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FOOD STARS

Ingredients

Serves: 12

85 g plain white flour

85 g plain wholemeal flour

$\frac{1}{2}$ tsp bicarbonate of soda

2 tsp ground ginger

$\frac{1}{2}$ tsp ground cinnamon

50 g ($\frac{1}{4}$ oz) butter

4 tbsp golden syrup



60 Seconds

Alison Earnshaw – Akers

Catering Manager Hardwick Green

How long have you worked in catering?

Since 2004, I started as a pot washer and then progressed with training and was given a promotion to become a unit manager with my own kitchen.

What is your favourite thing about your job?

I love to cook from scratch, I believe home cooked food is best and I am always creating new meals. I strive to ensure that every child has a balanced and nutritional meal every day and leaves the dinner hall content and ready to carry on learning. The children, staff and any visitors to the school always comment on how much they have enjoyed the food.

What is your favourite meal?

Homemade Tikka Masala.

Whats next?

With the exciting transition of the catering moving to an in house provision I have been asked to help with menu innovation



Method

1. Preheat the oven to 190°C (gas mark 5). Sift the white and wholemeal flours, bicarbonate of soda, ginger and cinnamon into a bowl.
2. Put the butter and golden syrup in a small pan and melt over a low heat, stirring occasionally. Pour the melted mixture onto the dry ingredients and stir to bind them together into a firm dough.
3. Break off a piece of dough about the size of a cherry tomato and roll it into a ball on the palm of your hand. Press it flat into a thick biscuit, about 6 cm in diameter, and place on a greased baking sheet. Repeat with the remaining dough. (Or roll out the dough and stamp out decorative shapes.)
4. Bake the biscuits for 8–10 minutes or until they are slightly risen and browned. Leave to cool on the baking sheet for 2–3 minutes or until they are firm enough to lift without breaking, then transfer to a wire rack to cool completely. The biscuits can be kept in an airtight tin for up to 5 days.

Don't forget to share pictures of your creations #ELTfoodstars #ELTKitchen @EnquireTrust

Ready in
25 mins

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