



Food for Thought ...

Welcome to Food for Thought – Summer 2022 Newsletter

At Enquire Learning Trust we have been working hard this academic year to deliver on our promise of great value healthy school meals, with quality ingredients and increased portion sizes.

We've introduced dishes packed full of hidden fruit, vegetables and wholegrains. A recipe for the chicken curry the children have been enjoying can be found on the back of this newsletter.

We have focused on the dining experience for all and have invested in new tableware at all academies.

A programme of added value activity has commenced, including theme days, taster sessions and cooking with children. We look forward to evolving this further in the coming academic year. Including links to the curriculum.

KEEP AN EYE OUT FOR OUR
THEME DAYS!
British Food Fortnight
Halloween
School Meals Week
World Cup
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:

<https://www.cloudforedu.org.uk/ofsm/sims>

or speak to your child's school

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FOOD STARS

Chicken Curry Ingredients

4 x Golden Delicious Apples (small)
265g Diced Chicken Breast
240ml water
16g Seedless Raisins
40g Standard Curry Powder
50g Washed Potato
32g Onion
75g Carrot
1 x Celery Stick

Serves: 4

Method

1. Roughly chop all vegetables
2. Place water and chopped vegetables in a pan, bring to the boil and simmer until tender.
3. Seal the chicken in a separate pan
4. In a bowl, add a small amount of cold water to the curry sauce mix to make a paste.
5. Add the paste to the vegetables and simmer until thickened.
6. Blend until smooth
7. Add chicken to the curry sauce and cook for further 30 mins with a lid on.

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



Laura McCarney
Catering Manager Eastfield Academy

How long have you worked at Eastfield Academy?

I have worked at Eastfield since January 2022.

What is your favourite thing about your job?

My favorite part of the job is seeing the children enjoying their dinner and them trying new things.

What is your favourite meal?

My favorite meal is a traditional roast chicken dinner with stuffing, Yorkshire puddings and lots of gravy.

What's next?

To develop in my role as I'm quite new. I am always learning new things.



**Ready in
30 mins**

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