

Catering Newsletter for the Parents of Martlesham Primary Academy

Autumn / Winter 2019



The school's Catering Team is Carol Kemp, Catering Manager with Davinda Flude (not shown), Rachel Nicholls, Caroline Swale and Ann Marie Wood, Midday Supervisors.

As Catering Manager Carol is passionate about ensuring pupils eat a balanced, healthy meal daily and offering a personal service to pupils. We recognise school plays an important role in promoting healthy eating habits to children. As well as ensuring school food provides healthy balanced and nutritious meals with the appropriate amount of energy and nutrients pupils need. Children need nourishment throughout the day, especially during their busy days at school and the team are ready to ensure there are plenty of delicious, freshly prepared meals ready.

Our emphasis is on serving food children recognise, using quality seasonal ingredients from local suppliers, cooked in a healthy way, full of flavour with great presentation and a choice that appeals to children and enables them to enjoy a balanced diet. The team works with the school in order to provide consistent messages for children to make healthier choices.

Our menus meet the statutory school food standards as detailed in the School Food Plan. We want the children in our care to stay for a school meal and will make every effort to ensure dietary requirements are met. We also love to engage with the children regarding menu content - though on occasion, expectations need to be managed!

We use local suppliers for our fresh meat produce, salad and vegetables and our recipes use reduced fats and sugars. There is a daily salad bar offering a minimum of 8 choices, as well as a choice of vegetables. A minimum of two desserts a week contain 50% fruit, but fruit is always available for all children as part of their dessert or to have as their dessert.

We also run incentives for the children regarding food choices, food waste and good manners. Children are encouraged daily to show the catering team they have finished all their lunch and are rewarded with choosing a sticker. We also have the top table every Friday with children chosen to eat here for their good manners, politeness, eating a good range of different foods and being helpful with younger children. This applies to children eating both a school dinner or packed lunch.



We have recently introduced Fruity Friday when all children (school dinners or packed lunch) are able to help themselves to the fresh cut fruit platter. This is proving very popular with pupils. Also popular is the birthday crown to celebrate pupil's birthdays.

A number of parents have asked the order children are called for lunch and we can confirm the current rota being used is:

Monday: Years 1, 2, 3, 4, 5 and 6 – pupils called on registers A to Z

Tuesday: Years 6, 5, 4, 3, 2 and 1 – pupils called on registers Z to A

Wednesday: Years 3, 4, 1, 2, 5 and 6 – pupils called on registers A to Z

Thursday: Years 2, 1, 5, 6, 4 and 3 – pupils called on registers Z to A

Friday: Years 5, 3, 6, 1, 4 and 2 – – pupils called on registers from middle out

We are delighted the new menus are being introduced from Monday 28 October and are available on the school website. The current Tuck Menu is also available on the website. Tuck is available at 10.30am for pupils in Year 1 to 6 and costs 30p. Reception children are able to purchase tuck on a Thursday only.

If any parents would like more information on anything above or would like to meet with Carol, please contact the school office.

CAROL'S FLAPJACK

Ingredients:

- 105g Parsnips
- 225g Butter
- 150g Brown Sugar
- 240g Golden Syrup
- 360g Porridge Oats
- 60g Desiccated Coconut
- 20g Sesame Seeds
- 20g Pumpkin Seeds
- 20g Sunflower Seeds
- 20g Cranberries
- 20g Raisins
- 20g Apricots



1. Peel and grate the parsnip and keep to one side.
2. Chop the apricot into small pieces.
3. Preheat oven to 160 degrees or Gas Mark 3.
4. Melt the butter, sugar and syrup together and then add the parsnip and coconut and stir.
5. Add the porridge oats, seeds, cranberries, raisins and apricots to the mixture and stir until mixed.
6. Poor into an oven proof tray.
7. Bake for 15 to 20 minutes or until golden brown.