

APRIL 2022

SUMMER TERM

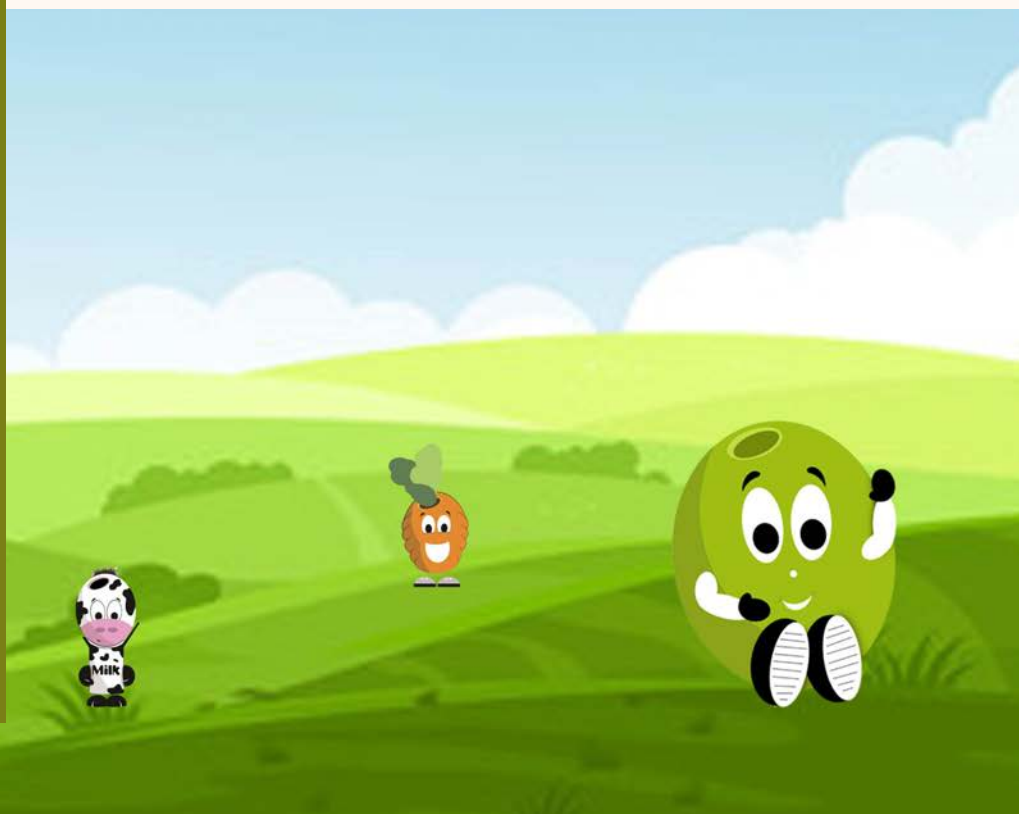
Primary Parent Newsletter

FEATURED THIS TERM:

Welcome

New Menus & Theme Days

Staying Hydrated &
Seasonal Recipe



Welcome Back for your last Term!

We hope everyone had a wonderful break for Easter, and that everyone is geared up for a new term. We certainly are! We've got brand new menus, more exciting theme days, and seasonal food to keep things fresh and fun.

As always, we're pushing for sustainability: reducing food packaging and waste, ensuring a sustainable supplier chain, and buying local and organic whenever we can from our trusted suppliers.

We won't be slowing down our excellent service for the final term!

We love to hear feedback on the service we provide. Please send any questions or requests to:

enquiries@olivedining.co.uk

or call us on: 01959 564 700

Don't forget to join our online Olive Dining Family as well for all latest news and events.

 [@olivediningltd](https://twitter.com/olivediningltd)

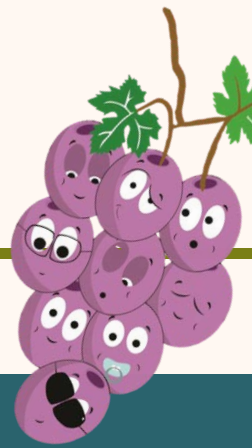
 [@olivediningltd](https://www.instagram.com/olivediningltd)

Olive
dining
food with passion

APRIL 2022

SUMMER TERM

Primary Parent Newsletter



BRAND NEW SUMMER MENUS!

[WEEKLY MENU] Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Tomato + Basil Pasta (CE, G)	Beef Burger (G, SO)	Beef Bourguoise (G)	Chicken Arriblanca	Crispy Battered Fish (F, G)
Vegetarian Dish of the Day	Butternut Squash + Pepper Pasta (G, CE)	Vegetable Burger (G)	Quorn + Roasted Vegetable Boilagnaise (E, CE, G)	Mild Vegetable Chilli (CE)	Vegetable Noodle (G)
Vegetable Choice	Sweetcorn + Broccoli Floret Chef Salad	Shrimps + Peas (G) Carrots + Garden Peas Chef Salad	Mushrooms + Peas (G) Chef Salad	Steamed Rice Green Beans + Carrots Chef Salad	Chopped Potato Garden Peas Chef Salad
Dessert of the Day	Citrus Cupcake (E, G) Fresh Fruit Salad Pot	Fruity Jell (E, G) Fresh Fruit Salad Pot	Fruity Jell (E, G) Fresh Fruit Salad Pot	Chocolate Chip Cookie (E, G, MK, SO) Fresh Fruit Salad Pot	Cinnamon Swirl (G, SO) Fresh Fruit Salad Pot
Jacket Potato Bar	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings
Cold Selection	Home Baked Breads (G, SO)	Home Baked Breads (G, SO)	Home Baked Breads (G, SO)	Home Baked Breads (G, SO)	Home Baked Breads (G, SO)

Allergens:
CE = Celery E = Egg F = Fish G = Gluten MK = Milk MJ = Mustard SE = Sesame SO = Soya
SU = Sulphur Dioxide

DID YOU KNOW?

Only 18% of school aged children in England actually meet their 5 a day target, averaging only 3 pieces a day!

HOWEVER, for children who eat school meals, the minimum amount of fruit and veg they consume during the school day could be three* This means if you let your child have school meals, you only have TWO portions of fruit and veg left to account for at home.... easy peasy lemon squeezy!

*Based on the School Fruit and Vegetable Scheme and School Food Plan

COMING UP... OUR SPECIAL SUMMER THEME DAY MENUS:

ST. GEORGE'S DAY

22 APRIL 2022



SUMMER TERM

Primary Parent Newsletter



STAY
HYDRATED

DON'T FORGET TO DRINK LOTS OF WATER!

It's important to stay hydrated all year round, but coming up for the summer it's especially important, as it's hotter and we tend to move around more.

Drinking lots of water helps keep our brains functioning at their best.

In order to reduce our plastic waste while encouraging hydration, Olive Dining provides jugs of fresh water on tables during meal times to discourage single-use plastic water bottles!

SEASONAL RECIPE

VEGAN BANANA, COCONUT & RASPBERRY BREAD

INGREDIENTS

- 2 bananas crushed
- 85 grams shredded coconut
- 188 grams self-raising flour
- (you can also use Gluten Free self-raising flour)
- 90 grams caster sugar (super fine sugar) 237 millilitres almond milk
- 1 lime
- 156 grams raspberries

METHOD

1. Preheat oven to 170C or 340F and line a loaf tin with baking paper
2. Mix mashed bananas, milk, flour, sugar & shredded coconut together until a batter forms. Add the lime zest & juice. Mix Through. Add 3/4 cup of raspberries in the mix and stir gently.
3. Pour the batter into the tin. Dot the top with the remaining berries.
4. Bake for 30-35 minutes or until golden and cook through.
5. Cool on a rack before slicing.



FREE SCHOOL MEALS

All children in Key Stage 1 (Reception, Year 1 and Year 2) can receive free schools meals.

Your child may also be eligible to receive a free nutritional hot or cold meal in Key Stage 2.

You can find out by clicking onto the government website
<https://www.gov.uk/apply-free-school-meals>