

Healthy Schools and School Meals

Any Healthy School must also meet or exceed the new government school food standards (<http://www.schoolfoodtrust.org.uk/document.asp>) both for school lunches and for food other than lunch provided by the school.

We work closely with the school meals service and are delighted that their menus provide your children with freshly prepared, unprocessed, local food that exceeds the government guidelines. The school cooks have done a fantastic job to meet the food based standards and provide interesting new dishes onto the menu. They are always keen to get feedback from parents so that the service can continue to improve.

A nutritious, healthy hot school meal can provide your child with all they need to keep them going during a busy school day and as we move into winter, give them the fuel to keep warm too!

If you get the chance to share a school meal with your child, try for yourself the new menus - you may be surprised at how much the meals have changed since you were at school!

If you would like more information about the Healthy Schools Programme please go to www.healthyschools.gov.uk. The School Food Trust also has a great website full of recipes, hints and tips for school food and lunchboxes. www.schoolfoodtrust.org.uk

Vegetable & Potato Bake 20 portions

- 4lb 6oz / 2kg Potatoes
- 2tsp / 10ml Vegetable Oil
- 1lb 5oz / 520g Leeks
- 1lb 5oz / 520g Courgettes (sliced)
- 1lb / 450g Cheddar Cheese
- 17 fl oz / 500ml Milk
- Pinch of Black Pepper and Herbs to taste
- Dried Mustard

1. Boil the potatoes for 20 mins, drain and cool.
2. Fry the leeks and courgettes gently for 7 minutes and place half of them on the bottom of a suitable tin and sprinkle with the pepper and herbs.
3. Slice the potatoes and place a layer over the courgettes and leeks.
4. Place half the cheese on the top of the potatoes and layer again with the Leeks and Courgettes and potatoes.
5. Mix the dried mustard with the milk and pore over and top with the remaining cheese. Cover with foil and place in the oven at 180°C for about 30mins or until soft.

Sesame & Coconut Crunch 24 portions

- 9oz Sesame Seeds (toasted)
- 1lb 2oz Margarine
- 9oz Syrup (melted)
- 9oz Demerara Sugar
- 4oz Pitted Dates
- 9oz Coconut
- 4½ oz Sunflower Seeds
- 1lb 2oz Rolled Oats

1. Melt the margarine, syrup and sugar together.
2. Add the remaining ingredients.
3. Press into a well greased flan tin.
4. Bake at gas mark 3 for 25-30 minutes until golden brown.
5. Portion whilst warm.

If you would like any information on the School Food Trust their website is www.schoolfoodtrust.org.uk

Join our School Meals Team

This is an exciting time to be part of our school meals team, who are currently enjoying the challenge of using high quality ingredients to prepare delicious and nutritious meals in our own school kitchens.

We have short-term vacancies covering for general catering assistants and cooks in various locations and various hours. These posts are term-time only with uniform and on-the-job training provided. For more information please contact us on **01225 394424**.

Bath & North East Somerset Council's Catering Services

Providing Delicious, Nutritious School Meals



Dear Parents,

We are delighted to send you our three-week winter menu which runs from October 2007 to March 2008. We have included a variety of dishes in our winter menu which originate from home and abroad so that it will appeal to all tastebuds. I would be very interested in your feedback and suggestions for our future menus.

We are pleased to tell you that Brakes, who supply our dried and frozen food, are sponsoring an interesting competition. The competition will ask the children to design a healthy meal consisting of both a main and dessert course. Taking into account how much food makes such a difference to our health and wellbeing there will be an area where the children can explain how their meal is healthy and fun to eat. The competition will take place after the October school holidays and we hope you will encourage your child to take part.

We have included in our newsletter two new recipes from our Winter Menu for you to try at home. We thought you would like the Vegetable and Potato Bake which was adapted from the Vegetarian Catering for Schools and Colleges book. Sesame, Date and Coconut Crunch is a lovely recipe from the Think Fit book which I am sure you will really enjoy eating.

Judy Allies, Bath and North East Somerset's Healthy Schools Co-ordinator, has contributed some very interesting information in this newsletter about the National Healthy Schools programme.

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National Healthy Schools

Most schools in Bath and North East Somerset are participating in the National Healthy School Programme, launched in September 2005, with over half having already achieved National Healthy School Status. To achieve Healthy School Status, schools work together with parents, pupils, staff and governors to meet rigorous criteria in four key themes:

- Personal, Social and Health Education (PSHE)
- Physical Activity
- Healthy Eating
- Emotional Health and Well-being.

To achieve all the Healthy Eating criteria, schools must work to develop a whole school food policy, ensure provision of training in practical food education for staff and incorporate food education into the curriculum.

They should also ensure that all pupils have access to drinking water throughout the day.

Parents are an important partner in this work, and many contribute their time and enthusiasm by sitting on the School Nutrition Action Group (SNAG) and helping to develop food policy and practice.

