

Fresh Flavours are Blooming!



Get ready for a burst of
springtime flavours in
our dining rooms!

Dietitian's Corner
Boost your brain
for exams



Chef's Corner
Introducing Nik, our
Development Chef



Competition Time
Get crafty this
Easter



BALANCED TRAY

More than just lunch

Seasonal Menu

Get ready for a burst of springtime flavours in our dining rooms!

We're excited to announce our new spring menus, packed with delicious and nutritious dishes designed to nourish and delight your children.

As the weather warms up, we're embracing the fresh produce of the season. You'll find vibrant salads, and lighter, brighter meals alongside some familiar favourites. We've been working hard to create menus that are not only tasty but also meet the nutritional guidelines your children need to thrive.

Enjoy the flavours of the season

What's New?

- **More Pasta Options:** Enjoy a wider selection of delicious pasta dishes
- **Returning Favourites:** We've brought back popular classics like toad in the hole, sweet and sour chicken and weekly roast dinners
- **Dessert:** Indulge in a sweet treat, or choose from sliced fresh fruit and yoghurts

Remember to look out for our theme days: featuring foods from around the world and special occasions like National Biscuit Day, World Health Day and religious festivals.

Rest assured, even with these menu changes, all our meals continue to meet the highest school food standards. We prioritise providing your children with balanced and wholesome meals that support their growth and development.

To view the menu choices, visit the school website

THRIFTY FOODIES



We believe that it should be easy for everyone to access good nutrition each day. With the support of our suppliers, Unilever and McCain, we're making that happen!

By providing the knowledge, skills and resources you need to make delicious, nutritious and affordable meals all year round.

It's our mission to create a nation of Thrifty Foodies

Our Thrifty Foodies Cookbook provides a list of useful ingredients and equipment that will help get you started. Whether you're a new chef or looking for inspiration, we've got you covered.

Tips & Tricks: The essentials

Our tips and tricks will help you get the most out of your cooking, shopping and time. There is a list of useful ingredients and equipment to get you started on your thrifty foodie journey.

TOP THRIFTY TIP!

Buying ingredients in bulk is often more cost effective and many can be frozen to cut down on waste.

Tips & Tricks: Savvy shoppers

There's a wide range of shopping tips to help you save money and make your money go further.

To access the Thrifty Foodies Cookbook, simply scan the QR Code



DID YOU KNOW...

If everyone in the UK froze their bread to make toast, we would save 20,000,000* slices from the bin every day!

Keep your bread fresher for longer by freezing it! Simply pop your frozen slice of bread straight into the toaster.

The tips include where, when, and how to shop to get the best value for money. From where to look on the shelves to which aisles to comparison sites.

Tips & Tricks: Savvy cooks

We provide you with tricks to help you cook consciously and reduce food waste.

Our tips and tricks will help you to extend to extend the life on your ingredients and meals. The freezer tips give you a break down on what you can and cannot freeze.

TOP THRIFTY TIP!

Frozen foods can last longer than fresh and can be more budget friendly too.

Tips & Tricks: Health & Nutrition

In the Health and Nutrition section you can find advice on how to eat a healthy, balanced diet.

Our nutrition tips range from a list of low energy, high nutrient foods - to advice on how to easily get your 5 a day into your diet.

*Source: WRAP, Education Pact Taste It Don't Waste It, available at: [CLICK HERE](#)

Dietician's Corner

**Forget the energy drinks and sugary snacks!
Want real brainpower for exam season?**

**Our team of dietitians
and nutritionists are
here to help.**

In this edition, we're breaking down the best foods to eat to sharpen your focus, improve your memory, and reduce stress – all key for exam success.



Boost your brain for exams

With exams coming up, it's not just about revising – you need to fuel your body and brain to stay well, focused and energised.

Power up with fibre

Fibre keeps your energy levels steady, helping you last through long study sessions. Find it in fruits, vegetables, beans, lentils, oats, wholegrain bread, pasta and brown rice. Plus, a healthy gut may be linked to better brain function.

Fighting fit

Fruits and vegetables contain vitamins and minerals helping your immune system, skin and body to repair itself.

Omega-3s

Omega-3s are fats that can help with memory and concentration. You will find them in oily fish like salmon, mackerel, and sardines, so try to eat at least one portion a week. Girls and women should stick to a maximum of two portions weekly due to potential pollutants. If you are not a fan of these types of fish then you can buy fish fingers with added omega 3, or find omega 3 in walnuts, flaxseeds, and rapeseed oil.

Stay hydrated

Your brain is around 75% water, so if you don't drink enough, you'll feel tired, struggle to concentrate and may get headaches. Aim for 6–8 cups of fluids a day but avoid sugary drinks. Caffeine can increase alertness but too much can cause you to feel irritable and not be able to sleep at night.

Iron strength

Iron deficiency can cause tiredness, breathlessness and lack of energy, defiantly not what you want during exams! Teenage girls especially can often be more likely to not have enough iron. Find this nutrient in meat, beans, chickpeas, nuts, dried apricots and breakfast cereals.

Mood food

Low levels of B-Vitamins and folate have been linked to depression and lack of energy. Eat a good mix of wholegrain cereals, citrus fruits, green vegetables, beans, meat, fish, eggs and dairy foods.

Quick exam bites

Avocado with crackers

Baked beans or peanut butter on wholegrain toast

Dried fruit, nuts and seeds

Hummus, pitta bread and vegetable sticks

Porridge, granola or muesli

Salmon mayonnaise jacket potato

Smoothie with yoghurt, banana and berries

Tuna and sweetcorn wrap

Vegetable omelette

Yoghurt with fruit and nuts

From our kitchen to yours

Meet Nik, with over 30 years in the culinary industry, Nik's passion for food and sharing his expertise is truly inspiring!



He's a key part of our team, working closely with our onsite chefs to provide training and support, ensuring the delicious meals you enjoy are always top-notch. You may even have seen him at one of our popular pop-up food counters!

Nik and his team will regularly contribute to this newsletter, sharing valuable tips, tricks, and some of their favourite recipes.

To kick things off, and since this is Nik's first appearance, we thought we'd ask him a few questions so you can get to know him a little better:

What's your favourite air fryer hack (or kitchen)?

They make a perfect fried egg! Simply grease a small ovenproof tin, crack open your egg and cook for 3 mins on max crisp...Voila!



If you could only eat 3 dishes for the rest of your life what they be?

Air fried belly pork, garden salad, cake and custard

What would your luxury item be on 'I'm a celebrity get me out of here'?

Picture of the family (including Teddy the dog!)

As you cycle for miles, what's your favourite snack when cycling?

Homemade protein bars (I will share a recipe in a future edition)

Who is your favourite celebrity chef?

Jamie Oliver, he's good at what he does and drawing attention to specific issues. He also has some great cost-effective recipes.

Do you have a dish you'd love to see featured? Let us know, and we'll happily consider including the recipe and expert advice in a future edition! Send your recipe request to ukmarketing@taylorshaw.com

Nik's favourite recipes

Cauliflower cheese soup serves 4

Ingredients

10g butter or dairy free spread
1 tbsp oil
1 large onion
1 large cauliflower *approx 1kg*
1 large potato *approx 300g*
700ml stock *vegetable or chicken*
400ml milk
100g mature Cheddar *grated*
salt and pepper to taste

Method

- 1 Peel and rough chop the onion and potato
- 2 Place a large pan on a medium heat and add the oil and butter
- 3 Add the chopped onion to the butter and cook until soft
- 4 Add the potato, cauliflower, stock and milk to the pan and bring to the boil
- 5 Add salt and pepper
- 6 Reduce the heat and leave on a medium heat for 20 to 30 minutes
- 7 Blend or mash the mixture until you are happy with the consistency
- 8 Taste and add more salt or pepper if needed
- 9 Add the cheese and stir. If it is too thick, add milk. Enjoy!

Chef TIP
Use oat milk and vegan cheese if anyone has a dairy allergy!

Rhubarb crumble with creme Anglaise (custard) serves 4

Ingredients

For the rhubarb mix:

10 sticks of rhubarb
8 tbsp caster sugar
1 tsp ground ginger *optional*

For the crumble topping:

110g butter *softened*
110g sugar
200g plain flour

For the crème Anglaise:

4 egg yolks
65g caster sugar
10ml vanilla essence
235ml milk

Method

For the rhubarb mix:

Preheat the oven to 180°C

- 1 Cut the rhubarb into approx. 7cm lengths and place in your oven proof dish
- 3 Add 4 tbsp of water and the caster sugar
- 4 Mix everything together
- 5 Place in the preheated oven for 10 minutes
- 6 If using ginger, sprinkle over and mix well

For the crumble topping and assembling:

- 1 Rub the butter into the flour
- 2 Add the sugar and mix together
- 3 Pour the crumble topping over the rhubarb mix and place in the oven for 40 minutes or until the crumble topping is crisp and golden brown

For the crème Anglaise

- 1 Heat the milk and vanilla essence until bubbles start to break surface then remove from the heat
- 2 In a large bowl or jug whisk the egg yolks and sugar together until smooth
- 4 Slowly add a ladle or cup of the hot milk into the eggs – ensuring that you stir constantly
- 5 Gradually add the egg mixture into the pan containing the remaining milk
- 6 Continuously stirring the mixture over a low heat
- 7 Remove from heat when the crème Anglaise coats the back of a spoon

If you prefer you could always use a mix or ready-made carton of custard





What's in season?

Did you know that eating what's in season is not only good for the planet, but also for your taste buds and your wallet?

Seasonal fruits and veggies, like juicy berries in summer or crunchy root vegetables in winter, haven't travelled far to get to your plate, meaning fewer food miles and a smaller environmental impact. Plus, they often cost less because they're plentiful, and they taste amazing because they're picked at peak ripeness. Why not check out your local greengrocer or farmer's market to see what delicious seasonal goodies they have on offer? You might discover some exciting new ingredients to experiment with in your kitchen!

In season right now...

Cauliflower

Rhubarb

Kale

Savoy cabbage

Asparagus

Purple sprouting broccoli

Spring cabbage

Spring onions

Shepherd's pie serves 4

Ingredients

For the lamb base:

2 tbsp oil
1 onion *peeled and chopped*
450g minced lamb
2 tsp mixed herbs
1 tbsp Worcestershire sauce
2 garlic cloves *chopped*
2 tbsp plain flour
2 tbsp tomato puree
500ml lamb stock *any stock cube works*
100g frozen mixed vegetables *peas and carrots**

For the potato topping:

1kg peeled potatoes
1 tbsp butter or dairy free spread
3 tbsp milk
½ tsp salt
¼ tsp ground black pepper
Grated cheese

Method

For the lamb base:

Preheat the oven to 170°C

- 1 Pour the oil into a large pan and place it over medium heat
- 2 Add the onions and cook 5 minutes, stirring occasionally
- 3 Then add the minced lamb and break it apart with a wooden/plastic spoon
- 4 Add the mixed herbs, salt and pepper and stir well
- 5 Cook for 6-8 minutes until the meat is browned, stirring occasionally
- 6 Add the Worcestershire sauce and garlic and stir to combine for 1 minute
- 7 Add the flour and tomato puree. Stir until well incorporated and no clumps
- 8 Add the stock and vegetables. Bring to a boil then reduce to simmer
- 9 Simmer for 10 minutes, stirring occasionally and remove from the heat

For the potato topping:

- 1 Place the potatoes in a large pot, cover with water and bring to a boil
- 2 Reduce to a simmer and cook until potatoes are fork tender, 10-15 minutes
- 3 Drain the potatoes and let them rest in the hot pot for 1 minute to evaporate any remaining liquid
- 4 Add butter, milk, salt and pepper to the potatoes, mash and stir until all the ingredients are mixed together

Assemble the Shepherd's Pie:

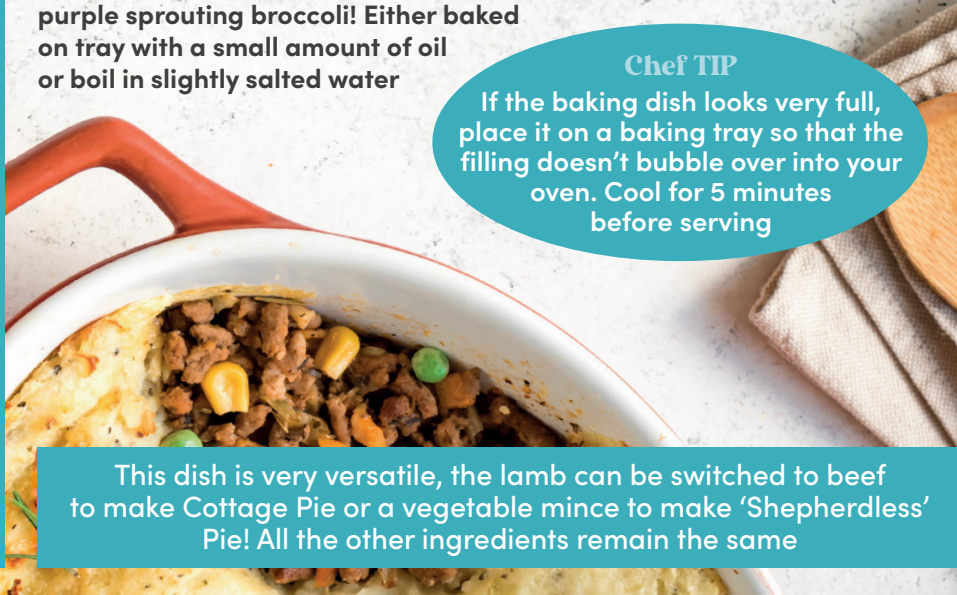
- 1 Pour the lamb mixture into an oven proof dish and spread evenly
- 2 Spoon the mashed potatoes on top of the meat and spread to an even layer
- 3 Place in the middle of the oven for 20 minutes
- 4 Remove the dish and add grated cheese to the potato topping

Why not serve with some delicious, in season, purple sprouting broccoli! Either baked on tray with a small amount of oil or boil in slightly salted water

Chef TIP

If the baking dish looks very full, place it on a baking tray so that the filling doesn't bubble over into your oven. Cool for 5 minutes before serving

This dish is very versatile, the lamb can be switched to beef to make Cottage Pie or a vegetable mince to make 'Shepherdless' Pie! All the other ingredients remain the same





Easter Competition Time!

Looking for a fun and creative way to celebrate Easter?

Want to make a special gift for a friend and have a chance to win £25 worth of high street vouchers?

Then get your craft on and enter our Easter decorating competition! Let your imagination run wild and create a stunning Easter masterpiece for the chance to win.

Simply decorate a delicious cookie, muffin or chocolate egg. We have provided a recipe for a cookie and muffin or if you prefer you can purchase plain ones from a local store. If you decide to go with decorating a chocolate egg, simply purchase a chocolate egg of choice from a local supermarket.

- **Royal and Fondant icing;** You can purchase these from a local shop
- **Water icing;** Simply mix 125g icing sugar and 15ml warm water together until nice and smooth
- **Butter icing;** Simply mix 300g butter/spread and 600g icing sugar, then combine until smooth



Top TIP
Add a drop of food colouring to your icing to mix it up a bit!



Recipes

Lemon crunch cookies makes 8

Ingredients

270g self-raising flour
175g granulated sugar
200g butter or dairy free spread
1 medium egg
½ lemon

Method

- Preheat oven 170°C / 350°F / gas mark 4
- 1 Zest and juice the lemon
 - 2 Mix the butter and sugar together until creamy
 - 3 Slowly mix in the egg or equivalent
 - 4 Add the remaining ingredients
 - 5 Roll the dough into a sausage shape
 - 6 Cut into 8 even slices and place onto a greased baking tray
 - 7 Cook for approximately 20 mins until cooked



Allergies?...No Problem!

Example substitute ingredients:

Gluten-free flour Cook in a slightly colder oven and leave in for slightly longer until cooked

Butter Replace for a dairy free spread

1 medium egg Replace for 70g mashed ripe banana or 70g smooth apple sauce plus 5g baking powder

White chocolate and raspberry cupcake makes 12

Ingredients

150g margarine
150g caster sugar
3 medium eggs
150g self raising flour
5g baking powder
50ml milk
100g white chocolate

Method

- Preheat oven 180°C
- 1 Line your muffin tins with paper cases
 - 2 Sieve the self-raising flour with the baking powder
 - 3 Cream the margarine with caster sugar until light and fluffy
 - 4 Add the eggs one by one, beating well between each
 - 5 Break the white chocolate into small chunks and fold into the flour mix
 - 7 Add the milk until well combined
 - 8 Divide equally between the paper cases and bake for approx. 20-25 minutes or until well risen and golden
 - 9 Remove from the oven and cool on a wire rack

Chef TIP
Frozen raspberries are more affordable and taste just as delicious with no waste!

HOW TO ENTER: Simply ask a parent or guardian to send in a photo of your edible gift along with your name and year group to UKMarketing@taylorshaw.com

Please note, any photos sent in may appear on our social media channels please ensure that you let us know if we can't post them.