

A stylized illustration featuring a central rooster in a dark purple color. The rooster is surrounded by various food items: an orange with a star on top in the top left, a yellow banana curving over its back, a blue fish in the top right, a carrot in the bottom right, and a red apple at the bottom. The background is white with faint, light-colored outlines of other food items like a tomato and a leaf. The text is centered over the rooster's body.

# THE CREATIVE KITCHEN FOR SCHOOLS

AN INTRODUCTION  
FOR PARENTS

Welcome to The Creative Kitchen for Schools (CKFS) your new, energised and local school meals catering provision from September 2014.

The new team and I would like all parents of the schools in Dorset, Bournemouth and Poole to feel an integral part of the way we shape the school meal offer. You told us in our recent National School Meals Week survey what's important to you. Thank you so much for taking the time to give us this important feedback. We have listened to and incorporated your suggestions where we can into the new menus and will continue to seek your feedback throughout the academic year.

We have reinforced our management team and invested in a bespoke kitchen facility, just outside of Wimborne, which will not only use local suppliers and growers to produce school meals for Dorset, Bournemouth and Poole but will also offer a fantastic training facility that will be available to all, including the community. The facility, named The Creative Kitchen for Schools will open its doors August 2014.

Within this brochure you will find:

- **More information on CKFS** – including how it benefits schools, your child/children and you as a member of the community
- **Our brand new Food For Life (FFL) Gold Menu** – bringing great local food to the menu that will be enjoyed by your child/children on a daily basis
- **Our annual marketing calendar** – creating excitement for your child/children in school meals and events
- **An intro to our what good looks like guides** – demonstrating to you the importance we place on presentation of food for children

The team and I will work hard to meet the expectations of you, your child/children and head teachers; going beyond the plate to support the local communities.

We are incredibly passionate about bringing our new and exciting ideas to fruition and trust that our proposals give you, your child/children and head teachers confidence in your school meals provision.

If there is anything that you wish to discuss or any questions you might have, please feel free to contact me on [michelle.bailey@compass-group.co.uk](mailto:michelle.bailey@compass-group.co.uk)

Kind regards,

Michelle Bailey  
Regional Catering Manager, Creative Kitchen for Schools





# THE CREATIVE KITCHEN FOR SCHOOLS

Our CKFS is a brand new facility, that has been especially designed to accommodate the food production exclusively for schools across Dorset, Bournemouth and Poole. The facility will not just support feeding thousands of children freshly prepared food, which meets Gold Food for Life, on a daily basis, but it will support the local economy in creating 50 new jobs and support local producers and suppliers through use of their ingredients and products in our supply chain and menus.

It will not just focus on the production of freshly prepared lunches for schools in the area, but it will also support the School Food Plan and cooking on the curriculum with its unique multi-functional training room, which has the capacity to hold up to 30 children at any one time and will be open from January 2015 and be free to all schools. It will become the home to the following interactive sessions;

- **Practical Cooking** – this session is supervised by our Training & Development Chef and will provide great hands on experience for children to get actively involved in basic cooking skills and techniques. It's fun, engaging and inclusive for all involved

- **Meet the Grower/Farm to Fork** – this session looks at the journey our food takes from farm to fork. It will focus on educating, often with a chance to hear from the growers directly and be fun and interactive

In addition, the facility will provide Putting Fun Back into Food fitness sessions that we will run termly. And if that's not enough, the space can be utilised for events and meetings and support initiatives such as cooking in the community. All sessions and requests to use the space beyond the school curriculum training schedule will be open to all and bookable in advance.

For us, the CKFS team don't just work within the four walls of the facility, but our commitment is for them to visit schools and support assembly's and classroom discussions around areas such as 'Meet the Growers,' and 'The Journey from Farm to Fork' – delivering an added value experience beyond the food that we serve on a daily basis.

We're really excited about the opportunities that the CKFS provides and we will be delighted to invite you to its grand opening in January 2015.





# OUR MENU

## HOT LUNCH SCHOOLS – THREE-WEEK MENU

Our hot lunch menu runs on a three-week menu cycle and our food is freshly prepared in our CKFS and delivered daily. All of our menus feature ingredients and products that comply with guidelines and we use local and regional suppliers wherever possible.

### WEEK 1 1/09, 22/09, 13/10, 3/11, 24/11, 15/12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish	Neapolitan beany pasta	Sausages with mashed potato & gravy	Roast turkey with roast potatoes	Chicken tikka masala with wholegrain & white rice	Fish fingers with chips
Vegetarian	Cheese & tomato pizza	Counry vegetable pie with short crust pastry & mashed potato	Quorn roast with roast potatoes	Vegetable chilli with wholegrain & white rice	Ratatouille & mixed bean wrap with chips
Additional choices	Jacket potato with soya bolognaise	Egg mayonnaise ploughman's	Jacket potato with baked beans & cheese	Cheese ploughman's	Jacket potato with grated cheese
Vegetables	Fresh carrots	Sweetcorn	Fresh seasonal cabbage	Roasted vegetable medley	Baked beans
	Garden peas	Fresh broccoli	Fresh carrots	Garden peas	Green beans
Salad selection	Mixed salad	Crunchy light coleslaw	Apple & celery	Vegetable sticks	Carrot & sultana
Dessert	Crunch apple crumble with custard	Chocolate & apricot brownie	Fruit sponge with custard	Sticky toffee pudding with custard	Apple flapjack
	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit
	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt

### WEEK 2 8/09, 29/09, 20/10, 10/11, 1/12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish	Sweet potato & squash stew with rice	Italian organic beef bolognaise with wholegrain pasta	Organic roast beef with roast potatoes	Creamy chicken and broccoli pasta bake	Crispy breaded fish with jacket wedges
Vegetarian	Vegetable supreme pizza	Vegetarian meatballs in tomato sauce with wholegrain pasta	Vegetarian sausages with roast potatoes	Leek & cheddar cheese bake	Quorn hotdog with jacket wedges
Additional choices	Jacket potato with cheesy coleslaw	Tuna mayonnaise ploughman's	Jacket potato with BBQ beans	Ham ploughman's	Jacket potato with cheese savoury
Vegetables	Sweetcorn	Garden peas	Fresh swede	Fresh carrots	Garden peas
	Fresh broccoli	Fresh carrots	Fresh seasonal cabbage	Seasonal roasted vegetables	Baked beans
Salad selection	Vegetable sticks	Chopped tomato & cucumber	Mixed salad	Apple & celery	Crunchy light coleslaw
Dessert	Chocolate banana marble sponge with chocolate sauce	Apple cracknell with custard	Decorated vanilla sponge	Gingerbread with sliced fruit & lemon custard	Carrot cake with citrus frosting
	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit
	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt

### WEEK 3 15/09, 6/10, Half Term, 17/11, 8/12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish	Vegetarian bolognaise with wholegrain pasta	Turkey burger in a bun with mini jacket potato & butter portion	Free-range roast pork with roast potatoes	Italian organic beef lasagne	Fish fingers with chips
Vegetarian	Cheese & tomato pizza	Quorn burger in a bun with mini jacket potato & butter portion	Lentil roast with roast potatoes	Macaroni cheese	Omelette with chips
Additional choices	Jacket potato with salmon, tuna & cucumber mayonnaise	Egg mayonnaise ploughman's	Jacket potato with grated cheese	Ham ploughman's	Jacket potato with cheesy coleslaw
Vegetables	Sweetcorn	Garden peas	Fresh seasonal cabbage	Roasted vegetables	Baked beans
	Fresh broccoli	Crunchy light coleslaw	Fresh carrots	Green beans	Garden peas
Salad selection	Cucumber and tomato	Vegetable sticks	Mixed Salad	Carrot & sultana	Apple, cucumber and celery
Dessert	Pineapple upside down cake with custard	Lemon drizzle cake	Shortbread fingers	Chocolate and banana slice	Dorset apple cake with custard
	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit
	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt

Vegetable and salad selections are subject to change.

## PACKED LUNCH SCHOOLS – FOUR-WEEK MENU

Our packed lunch menu runs on a four-week menu cycle and our food is freshly prepared in our CKFS and delivered daily. All of the components in our packed lunch menu feature ingredients and products that comply with guidelines and we use local and regional suppliers wherever possible.

### WEEK 1 & 3 1/09, 15/09, 29/09, 13/10, Half Term, 10/11, 24/11, 8/12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Standard	Chicken, bacon & sweetcorn sandwich on multigrain bread	Salmon & cucumber finger roll Soft cheese & biscuits	Roast beef sandwich on wholemeal bread	Coronation chicken wrap	Ham wholemeal roll
Vegetarian	Cheese & marmite sandwich on multigrain bread	Tuscan vegetables finger roll Soft cheese & biscuits	Cheese & onion sandwich on wholemeal bread	Vegetable tikka wrap	Egg mayonnaise wholemeal roll
All	Carrot sticks	Cherry tomatoes	Cucumber, carrot & cherry tomato	Celery sticks	Cherry tomatoes
	Satsuma	Apple		Satsuma	Melon portion
	Cranberry cookie	Chocolate & orange brownie	Raisin pack	Carrot cake muffin	Fromage frais
	Fresh semi-skimmed milk	Pineapple juice	Muller fruit corner Orange aqua juice	Strawberry flavoured milk	Apple aqua juice

### WEEK 2 & 4 8/09, 22/09, 6/10, 20/10, 3/11, 17/11, 1/12, 15/12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Standard	Chicken mayonnaise sandwich on malted bread	Half a cheese white roll Tuna & pasta salad pot	Sliced turkey with a hint of sage & onion stuffing sandwich on wholemeal bread	Gammon ham wholemeal roll	Roast beef white sub roll
Vegetarian	Three cheese sandwich on malted bread	Half a Philadelphia white roll Cous cous & mediterranean vegetables salad pot	Egg mayonnaise sandwich on wholemeal bread	Houmous wholemeal roll	Sliced cheese white sub roll
All	Cherry tomatoes	Celery sticks	Carrot sticks	Cucumber, carrot & cherry tomato	Cherry tomatoes
	Satsuma	Raisin pack	Melon portion		Apple
	Strawberry muffin	Fromage frais	Orange cookie	Apple	Low fat yoghurt
	Banana flavoured milk	Apple aqua juice	Fresh semi-skimmed milk	Flapjack Orange aqua juice	Pineapple juice

### AWAY DAY

Sliced cheese sandwich on wholemeal bread
Crudite pack
Individual dessert
Fruit piece
Apple aqua juice

Your school may offer on-line ordering, contact the school office for 'How To Order' details.

Please place your order a minimum of 7 days in advance, late menu changes managed via your school admin office (48 hr notice).

We also cater for many special diets please contact a member of the team for further details 01305 778052





# ENGAGING PUPILS WITH SCHOOL LUNCHES

# MARKETING CALENDAR

# 2014-2015

Our marketing plans will be tailored to each individual school. We will take the time to sit with the head teacher to understand what's important to them and their pupils. From there we build an annual calendar of activity that suits. We aim to excite children with our theme day menus and menus that also link to the curriculum and we look to support knowledge building with our health, wellbeing and seasonal materials.

## AUTUMN

	September	October	November	December
	Collect theme day stickers			
Menu Offers	Traditional British Menu 	Harvest Festival 	Bonfire Night 	Christmas Lunch 
	Physical Activity 	Fruit and Veg 	Calories 	Dietary Fats 
	Sweetcorn 	Apples 	Cranberries 	Brussels sprouts 
	Termly event			

## SPRING

	January	February	March	April
	Collect theme day stickers			
Menu Offers	Healthy Eating 	Valentines Treats 	Africa Day 	St George's Day 
	Wholegrains 	Fast Food 	Additives 	Salt 
	Leeks 	Kale 	Spring Onions 	Spinach 
	Termly event			

## SUMMER

	May	June	July
	Win a Kindle Fire		
Menu Offers	Mediterranean 	Menu BBQ Sizzlers End Term 	Parties 
	Sugars 	Fluids 	Healthy Heart 
	Asparagus 	Courgettes 	Strawberries 
	Termly event		





# WHAT GOOD LOOKS LIKE ACHIEVING EXCELLENCE, EVERY DAY

Nearly as important as the quality of the food and where it comes from is the presentation of it on the counter. It's important to us because attractive food looks tastier and more appealing to children. To ensure that there is a consistently great quality in presentation, we have produced What Good Looks Like to support the catering teams in delivering excellence in counter presentation and will be utilised by them to make their lives far easier in setting up and presenting the counters on a daily basis. Below are just a few examples of images from our What Good Looks Like guides and what you can expect your child/children to see on a daily basis at lunchtime. These guides set the expectations of food presentation on our counters and form an important part of the support that we provide to schools.





