

SUMMER TERM 2022

THE QUEEN'S PLATINUM JUBILEE

We are celebrating the Queen's Platinum Jubilee by running a competition asking the children to design a menu 'fit for a Queen'. The winning menu will be served across all of our schools and the winners will be given a cooking lesson to learn how to create their dishes, and win a Radish apron. We have received so many great entries! Winners will be announced by the end of April.

OUR NEW MENUS

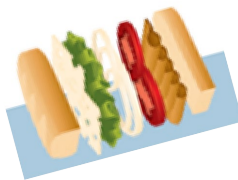
We are really excited to introduce our new menus for Summer which we have tailored specifically to each School, focusing on healthy, locally sourced, seasonal produce. When planning the menus we have taken into careful consideration trends on uptake, nutritional value, Food For Life and School Standards as well as your school's particular requirements. Our daily food offering includes fresh bread, baked on site by our team, a varied salad bar, yoghurt and fresh fruit. Our Radish Salad Bar offers nine homemade salads per day and changes daily. We always meet and more than often exceed the Government food based standard for school lunches.

All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus and have a no-added sugar day each week, symbolised on our menu by the Sugar Sheriff character. We offer a range of Vegan dishes which we have increased in the new menu and run a 'Meat Free Monday' at most of our schools.



SUMMER SLUSHYS

Our Big Zero Fruit Slushy is so Refreshing, and contains 99.9% real fruit flavours. A 100ml serving making up one of your five a day!



BUILD A BAGUETTE

BUILD YOUR OWN BAGUETTE has been introduced to many of our Summer menus, allowing the children to pick their own fillings from a variety of healthy and nutritious options. We feel this will help them to make decisions, ask questions and encourage them to try new things.

ADDED VALUE

At Radish we offer a wide range of added value activities and events, recognising the importance of sharing our knowledge with growing minds - not just feeding children but educating them too. Last term we held a wide range of added value events across our schools; food tasters for parents and for children, smoothie bike sessions, cookery workshops, Veg Power, Grow Your Own Potatoes, Easter picnics, Census Day and World Book Day to name a few! Herby also travelled the world hosting theme day menus from China, The Caribbean, South America, Italy, Africa, Spain, Greece, America, France and the UK!



Why not try one of our Smoothie recipes at home!

GROOVY GREEN SMOOTHIE!

Makes 300 - 350ml of Smoothie

- ½ Banana
- 8 Green Grapes
- 10 Baby Spinach Leaves
- 50ml Apple Juice
- 200ml Natural Yoghurt

Add all ingredients into the blender and get pedalling!

www.radishallgood.com

BANANA BLAST!

Makes 300 - 350ml of Smoothie

- 1 Banana
- 250ml Natural Yoghurt
- Pinch of Cinnamon
- 10ml Honey (optional)

Add all ingredients into the blender and get pedalling!

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SUMMER TERM FUN

Look out for more events and theme days this term...



FREE SCHOOL MEALS

Your child may be eligible for a free school meal.

Visit www.gov.uk/apply-free-school-meals

Don't forget school meals are free for Reception, Year 1 and Year 2

