

tasty VIEWS

OCTOBER 2017

WELCOME!!

Welcome to the first edition of our Chartwells monthly newsletter for our Secondary Schools in the North. We hope you enjoy reading the articles and stories which we want to share with you.

This newsletter includes:

- Our Chartwells promise to you
- What is available to your school Beyond the Kitchen
- Chartwells Sugar Reduction Strategy
- Autumn Winter Menu Launch
- What is coming up!

Our promise to you...

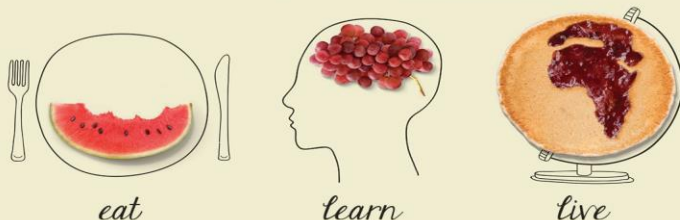
- WE ONLY USE Lion Quality British Eggs** (Illustration of an egg carton)
- WE SUPPORT 82 BRITISH DAIRY FARMS** (Illustration of a milk carton)
- ALL OUR BEEF is from THE UK OR IRELAND** (Illustration of a plate and fork)
- FARM TO FORK We can trace every cut of meat back to the farms of origin** (Illustration of a fork and knife)
- ALL OUR BANANAS & SUGAR ARE Fairtrade** (Illustration of a banana and Fairtrade logo)
- REDUCING OUR CARBON FOOTPRINT over 30% OF OUR PRODUCTS ARE TRANSPORTED BY VEHICLES THAT RUN ON BIODESEL** (Illustration of a car)
- ALL OUR FISH comes from sustainable well managed sources (our Friday Fish is MSC)** (Illustration of a fish)
- WE BUY 95% of our seasonal vegetables direct from British growers** (Illustration of a vegetable)
- Our chicken and milk are RED TRACTOR APPROVED** (Illustration of the Red Tractor logo)

What is available to your school...

Beyond the Kitchen portal

For teachers to access many in class resources such as our Nutrition Smartboard, Cooking in the Classroom videos and lots more. Visit <https://beyondthekitchen.chartwells.co.uk/>

Our Nutrition team can offer lots more such as interactive classroom workshops, school meal taster events, school council meetings, parent gate interaction, taster pots to pupils to try our food. Please speak to your area manager if you would like to discuss these.



more than just amazing food

Eat, Learn, Live helps us to educate young people about how to lead a happy, safe and healthy lifestyle while contributing to a sustainable world.



Sugar Reduction

Our students are eating too much... Sugar!



- Children are having nearly three times more sugar than the recommended daily amount every day.
- Children are starting their day with sugar
- Children are half way to their daily maximum amount of sugar before the school bell rings.

According to Public Health England, children aged 4-10 years are consuming 22 kg of added sugar a year.

Public Health England recommend the following daily sugar limits for children:

- Four to six year olds – five sugar cubes or 19g
- Seven to ten year olds – six sugar cubes or 24g
- Eleven year olds and above – seven sugar cubes or 30g

Chartwells vision is to achieve a 20% reduction in our menus by 2020 in line with government guidelines.

To find out more about sugar reduction in the North, please contact clare.hedderman@compass-group.co.uk

Autumn Winter Menu Launch

The central development team have developed a 3 – weekly Global Adventure Menu. Shown is a sneak peak of Week 1! From the Selector Menu, the menu can be tweaked to cater for your school preferences. This menu will launch following the October half term!

WEEK 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	CARIBBEAN Mild Caribbean chicken, coconut and pineapple curry 93153735 Wholegrain Rice* 93109633 Garlic and Lime Corn on the Cob 93153906	CHINESE Aromatic Soy Pork with Egg Noodles 93070142 Wok Tossed Oriental Vegetables 93130848	MEXICAN Chicken and Bean Enchilada 93075909 Sour Cream Mashed Potatoes 93153905 Sweetcorn 93094208	INDIAN Beef Keema Raiti Curry 93153385 Cucumber Raita 93142255 Naan Bread (no oil) 93034973	BRITISH Home-made Battered Fish Fillet 93105116 Chips (oil) 93124814 Peas 93065563
HIGH STREET FAVES	DEEP SOUTH DINER New Yorker Quorn Dog 93147290 Halloumi & Roasted Vegetable Wrap 93131405 Sweet herby crushed new potatoes 93153902 Chop Chop Salad 93153242	WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco 93130941 Veggie Quarter Pounder (v) 93129224 Cajun Wedges (no oil) 93130978 Bbq Slaw 93129327	DEEP SOUTH DINER Ultimate Beef Burger 93086625 Lentil, Pepper & Sweetcorn Sloppy Joe 93147222 Paprika Wedges (no oil) 93130895 Beetroot, Carrot & Apple Salad 93153241	WINGS & THINGS Chicken Thigh Flatbread Wrap with Lemon & Herb or Pine Pine 93143054 Quorn & Mushroom Burger (v) 93129232 Red Onion and cheese loaded skins (no oil) 93154279 Caesar Salad 93129328	DEEP SOUTH DINER Cajun Pulled Pork & Bean Pitta 93147141 Veg & Bean Quesadilla (v) 93086623 Chips (oil) 93124814 Pineapple Coloslaw 93154276
SPEEDY ITALIAN	Veggie Supreme Pizza (v) 93135569 Veg Bolognese Pasta (v) 93102889 Margherita Pizza (v) 93041388	Bacon Pizza 93041401 Arrabiata Pasta (v) 93127953 Margherita Pizza (v) 93041388	Hawaiian Pizza 93128494 Chicken And Tomato Pasta Bake 93102883 Margherita Pizza (v) 93041388	3 Cheese Sicilian Pizza (v) 93135631 Neapolitan Beany Pasta 93153362 Margherita Pizza (v) 93041388	Veggie Hot One Pizza (v) 93128498 Herby Tomato Pasta (v) 93147954 Margherita Pizza (v) 93041388

Coming soon

The Northern Allergy academy training will be running in November. This is to ensure Chartwells fully support Government legislation.

Special Diets

A child's special diet should not prevent them enjoying a nutritious and tasty school lunch with their friends, which is why we cater for a wide range of special dietary needs and offer vegetarian, jacket potato & sandwich options on a daily basis.

WE HOPE YOU'VE ENJOYED THE READ!



For further information, please contact:

Tel:

Email: