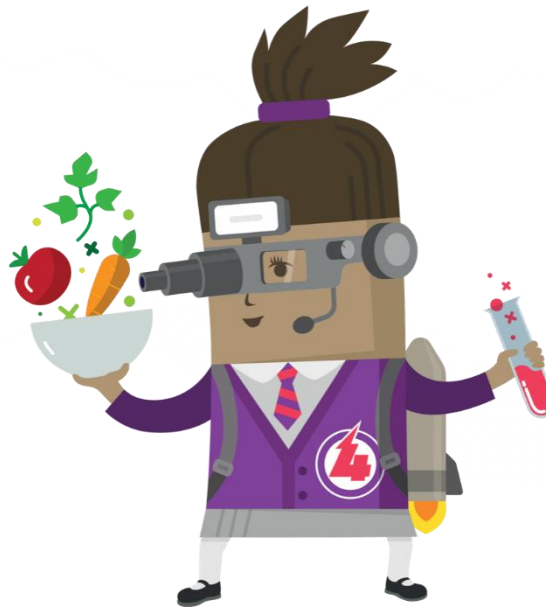
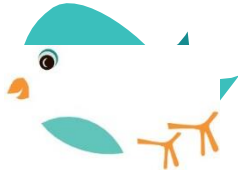


THE  
**FAB 4**



**NOURISH Y UR  
CHIL 'S INNER SU E HE**



# HELLO AND WELCOME TO TAYLORSHAW - WE ARE THRILLED TO BE FEEDING YOUR LITTLE SUPERHEROES!

## WE ARE FOCUSED ON NUTRITION

Nothing can be more important than ensuring the food we provide to your kids during their school day helps them towards a healthy lifestyle – now and in the future. We know that great nutrition can mean improved concentration, increased energy and better wellbeing – all super skills needed to make the most of their all-important time at school!

We use the FAB4 as a fun way to introduce great nutrition and engage primary age kids with what they are eating. Our FAB4 characters aim is to encourage children to try different foods and to understand where food comes from, what it can be used for and why is it good for them to eat. We do this because it is a top priority for us to deliver a healthy diet along with choice and value – the choices that we know kids love!

We pride ourselves on providing them with the very best – from sourcing our ingredients with Red Tractor and Marine Stewardship Council to using teams of dieticians and professional chefs to create each and every meal we serve to your child. We only use free range eggs in our desserts and bakes and we try to use local ingredients wherever possible to give them the best we can. As a minimum all our school food adheres to Bronze Food for Life standard so you can be sure your child is eating everything that is good for them and good for the wider community too!

Our dishes are produced from scratch, and seasonal and locally produced fresh produce is used in preference to tinned, dried or otherwise preserved foodstuffs - if this is used, it is always of the highest quality. A minimum of 75% of our dishes are made from scratch ingredients & we always cook freshly each day.

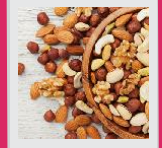
- Quality, fresh Red Tractor prime cuts of meat
- Sustainably sourced and MSC certified fish and dolphin-friendly tuna
- Semi-skimmed milk
- Free range eggs
- All dishes cooked on the day
- All recipes are checked to avoid unnecessary allergens

We're confident you'll agree that our menus are modern and exciting and we hope that your child will look forward to their choices each day. If you currently make packed lunches why not give yourself a break next September and let them get involved?

## ABOUT TAYLORSHAW

We were early adopters of the Responsibility Deal as a vehicle for improving public health and we continue to work closely with government to follow voluntary industry best practice as well as ensuring adherence to legislative requirements such as School Food Standards.

As an Elior company, Taylorshaw is backed by world class resources. Elior, one of the major international contract food organisations, operates in 15 countries and has 120,000 employees who serve 4.4 million customers every day in 23,000 sites.



## WHY DO WE USE RED TRACTOR?

The Red Tractor logo is a mark of quality food you can trust! It is the largest food standards scheme in the UK, covering all the areas you might care about - animal welfare, food safety, traceability and environmental protection. The food and drink they approve has been responsibly produced to some of the most comprehensive and respected standards in the world. All stages are regularly checked by independent experts.

## RED TRACTOR FOOD IS THE FOOD OF SUPERHEROES!

Red Tractor insists on rigorous production standards from farms to pack. They don't allow growth hormones or antibiotic residues in your meat. Just good quality food at its seasonal best!

They know where all Red Tractor food and drink comes from!

Every stage of the journey is checked. Their systems ensure that all food can be traced right back to the original British farms.

Red Tractor farmers care about their animals!

They visit every farm and only skilled people are allowed to look after livestock. Their standards mean animals have suitable space, and the right food and water to ensure they're healthy. On Red Tractor farms, vets only prescribe medicines when animals are ill.

## RED TRACTOR FARMERS CARE ABOUT OUR COUNTRYSIDE!

Their land is their office and their home so they want to look after it! Fertilisers and pesticides are used only when necessary to keep crops healthy and always in a manner that reduces the risk of pollution and impact on wildlife.

The Union Jack flag in the Red Tractor logo confirms the food we feed your children has been born, grown, prepared and packed in the UK.

Every stage of the journey is checked. The Red Tractor systems ensure that all food can be traced right back to the original British farms.

To learn more about Red Tractor, please visit <https://www.redtractor.org.uk>

## WHY SHOULD SUPERHEROES EAT FISH?

According to the NHS Live Well website (<https://www.nhs.uk/live-well/eat-well>) a healthy diet should include at least two portions of fish a week, including one of oily fish.

That's because fish and shellfish are good sources of many vitamins and minerals.

Oily fish - such as salmon and fresh tuna - is also particularly high in long-chain omega-3 fatty acids, which may help to keep hearts healthy.



## AND WHY DO WE MAKE SURE IT'S MSC FISH?

For 20 years the Marine Stewardship Council has been part of a team effort to keep oceans healthy and full of life. Choose the blue fish label and make sure the fish you eat can be traced back to a sustainable source.

Check them out for 10 reasons to choose MSC certified fish!

<https://www.msc.org/what-you-can-do/10-reasons-to-choose-the-blue-fish-label>

Edwards and Blake has signed up to the Sustainable Fish Cities pledge and rolled out the Marine Stewardship Council's Chain of Custody during 2016. We were one of the founding members of the Responsible Fishing Alliance and only serve fish that is on the Marine Conservation Society's 'fish to eat' list, with 19 fish species removed from our menus. We are listed on the Sustainable Fish Cities League table 2017. 100% of both our fresh and frozen fish is sustainably sourced.

## SOIL ASSOCIATION FOOD FOR LIFE ACCREDITATION

At Taylor shaw, we are leading the way in contract catering and our relationship with the Soil Association is seen as a guiding example for other caterers to aspire to. The Catering Mark offers bronze, silver and gold awards, to encourage caterers to make step-by-step progress towards using more local, seasonal and organic ingredients.

At bronze, 75% of meals are freshly prepared, meat is from farms which satisfy UK welfare standards and all eggs are from cage-free hens. No fish from the Marine Conservation Society's 'Fish to Avoid' list can be served, and food is free from undesirable additives or trans fats.

For the silver and gold awards, in addition to the bronze standards, points are awarded for every percentage spend on organic, free range, Fairtrade and locally produced ingredients, as well as for steps taken to promote healthy eating. A minimum of 5% of total ingredient spend on organic is required at silver, 15% at gold - including one animal product.

At Edwards & Blake, we adopt the bronze standard across all our schools - but we also have a number of schools that operate silver and gold standards if the school desires this level of delivery.

We have a dedicated Menu Management Development Chef, Trevor Knibb who oversees the menu compilation process. Trevor works a season ahead with our Development Chef Team, Catering Managers and Offer Development Managers to create delicious, School Food Standard compliant menus. He is currently working on menus that meet 'Food for Life' Silver and Gold standards and we will launch these at a number of our schools at the start of the 2018 autumn term.



I LOVE CREATING  
EXCITING NEW DISHES  
BY MIXING DIFFERENT  
INGREDIENTS.  
YOU SHOULD  
GIVE IT A GO!



**FUSION  
FLO**

KNOWING  
FACTS ABOUT WHAT  
YOU ARE EATING  
IS SO MUCH  
FUN!!!

**LIZ  
GIZMO**



**LIZ  
GIZMO**

**THE  
FAB4**



**MIGHTY  
MIKE**



**SONIC  
BOONE**

HEY DUDES,  
MAKE SURE YOU  
DRINK PLENTY OF  
WATER!!!

I GET ALL OF  
MY STRENGTH FROM  
EATING FRESH &  
HEALTHY FOOD!

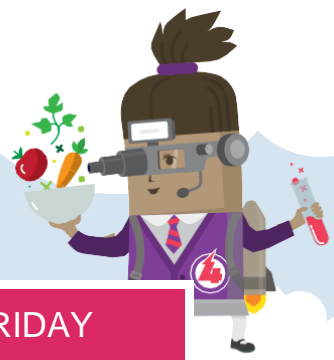
Taylor Shaw  
Seeing Food Differently

The 'FAB4' characters have been specially designed to help children understand about food, its benefits and what it brings to a person's body in terms of nutrition.

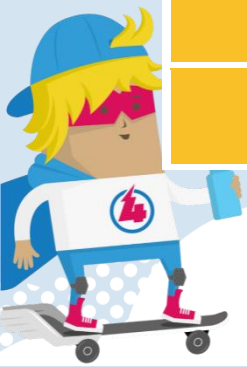


# PRIMARY SPRING/SUMMER 2019 MENU

## WEEK ONE



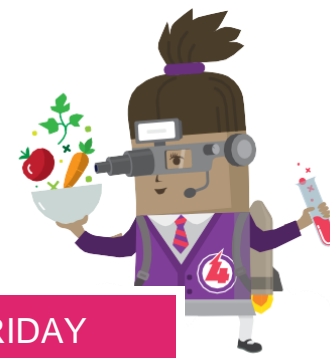
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Beef Burger in a Bun with homemade Wedges and Tomato Ketchup	All Day Breakfast	Our Roast Chicken, served with all the traditional accompaniments	Pasta Bolognese	Cod Fish Fingers with Chips & Tomato Sauce
Halal	Beef Burger in a Bun with Homemade Wedges and Tomato Ketchup	All Day Breakfast	Our Roast Chicken, served with all the traditional accompaniments	Pasta Bolognese	Cod Fish Fingers with Chips & Tomato Sauce
Vegetarian Main Course	Veggie burger in a bun	Vegetarian All Day Breakfast	Quorn Roast with all of the roast dinner trimmings	Cheese and Tomato Pizza	Vegetable Nuggets and Chips with tomato sauce
Jacket Potato and Filling	On Request	On Request	On Request	On Request	On Request
Sandwich Choice	On Request	On Request	On Request	On Request	On Request
Vegetables	Sweetcorn and Carrots	Broccoli & Green Beans	Peas & Cauliflower	Mixed Vegetables and Carrots	Garden Peas or Baked Beans
Salads, Fruit & Yoghurts	Various Assortment	Various Assortment	Various Assortment	Various Assortment	Various Assortment
Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
Dessert	Lemon Cake with Custard	Chocolate Crispy	Orange Jelly & Ice Cream	Jam Sponge & Custard	Ginger Biscuit with orange wedge



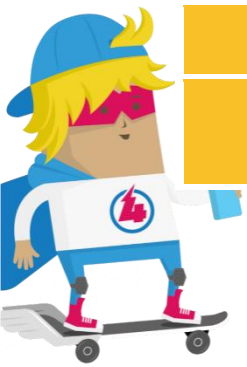


# PRIMARY SPRING/SUMMER 2019 MENU

## WEEK TWO



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Traditional Sausage and Mash	Chicken Tikka Curry with wholegrain Rice	Our Roast Pork, served with Roast Potatoes, and a delicious Gravy	Pasta Carbonara (Tagliatelle in a cheesy ham sauce)	Fish & Chips with Tomato Ketchup
Halal	Chicken Sausage and Mash	Chicken Tikka Curry with wholegrain Rice	Our Roast Chicken, served with all the traditional accompaniments	Pasta Carbonara (Tagliatelle in a cheesy chicken sauce)	Fish & Chips with Tomato Ketchup
Vegetarian Main Course	Vegetarian Sausage & Mash	Cheese & Tomato Pizza with Jacket Wedges	Quorn Roast with stuffing, mashed potatoes and Gravy	Macaroni Cheese	Quorn Fajita
Jacket Potato and Filling	On Request	On Request	On Request	On Request	On Request
Sandwich Choice	On Request	On Request	On Request	On Request	On Request
Vegetables	Broccoli and Mixed vegetables	Carrots and Cauliflower	Broccoli & Carrots	Braised Red Cabbage & Sweetcorn	Garden Peas or Baked Beans
Salads, Fruit & Yoghurts	Various Assortment	Various Assortment	Various Assortment	Various Assortment	Various Assortment
Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
Dessert	Chocolate Sponge with Custard	Frozen strawberry yoghurt & Bananas	Fruity Flapjack	Cornflake Tart with Custard	Oaty biscuit with Fruit wedges





# PRIMARY SPRING/SUMMER 2019 MENU

## WEEK THREE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Meatballs in a tomato sauce with Pasta	BBQ Chicken Sub	Our Roast Beef, served with all the traditional accompaniments, Yorkshire and gravy	Chicken Korma with wholegrain Rice and Naan Bread	Freshly Baked Fish Fingers with Chips and Garden Peas
Halal	Chicken Meatballs in a tomato sauce with Pasta	BBQ Chicken Sub	Our Roast Beef, served with all the traditional accompaniments, Yorkshire and gravy	Chicken Korma with wholegrain Rice and Naan Bread	Freshly Baked Fish Fingers with Chips and Garden Peas
Vegetarian Main Course	Vegetarian Sausage & Tomato Pasta Bake	Cheese & Tomato Pizza with Jacket Wedges	Quorn Roast with all of the roast dinner trimmings	Chickpea & Cauliflower Curry with Wholegrain Rice & Naan Bread	Vegetable Nuggets with Chips
Jacket Potato and Filling	On Request	On Request	On Request	On Request	On Request
Sandwich Choice	On Request	On Request	On Request	On Request	On Request
Vegetables	Peas & Broccoli	Baked Beans and Spaghetti	Mixed Vegetables & Savoy Cabbage	Roasted Mediterranean vegetables Sweetcorn	Garden Peas Or Baked Beans
Salads, Fruit & Yoghurts	Various Assortment	Various Assortment	Various Assortment	Various Assortment	Various Assortment
Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
Dessert	Sticky Pudding with Custard	Chocolate Crunch with Custard	Oaty Biscuit with Banana	Carrot Cake with Icing	Jelly And Ice Cream



