

# “Newsletter”

## New Year, new start at Ecole Francaise de Londres Jacques Prévert

The catering team are renowned for their delicious lunches and in addition to the daily main course they offer a salad bar, two choices of fresh fruit, seasonal vegetables, a homemade dessert and delicious homemade bread which impressed our nutritionist when she visited the school in December. Following her visit, Clair has recommended that the menu would be even better if we included oily fish at least once in the menu cycle, provide 50% of the salads without dressing and include quorn, tofu, beans or pulses in the vegetarian dishes to enhance their protein content.

From January 2016 Nora and the kitchen team will be putting this into action and cooking with a range of organic and free range ingredients to make your lunches even more delicious and nutritious on a daily basis. Our menus will feature at least 15% of seasonal organic produce and 5% of our meat will be free range. See below for more information on our fruit and vegetables.

Health, wellbeing and encouraging a balanced approach to eating are at the heart of everything we do. Chartwells Independent recognise that we have a major role to play in helping to educate the pupils around their food choices to support their growth, development and learning whilst also using a variety of methods to encourage them to try new foods. To celebrate the introduction of organic produce there will be an exciting and interactive food tasting with the pupils before the half term break and shortly after Easter our Fun into Food Manager, Tim Elks, will be visiting the school to host our popular 'Fun, Food and Fitness' activity so watch out for more details.



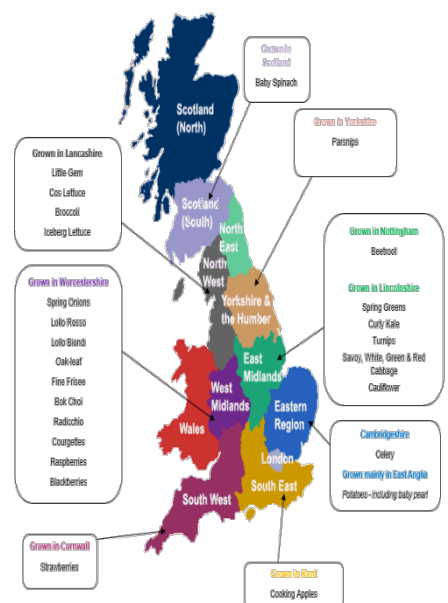
### Flavour of the Month with our Food Super Heroes



### Grown in the UK

This map of the UK details where our fruit and vegetables are grown. Released on a monthly basis to show where our fresh fruit and vegetables are sourced. This reflects the changes in season and availability of produce from around the UK.

Supporting UK farmers this map provides educational information to pupils on where produce is grown and enables our chefs to buy produce when in season and at its very best.



Throughout the year we ensure that seasonal fruits and vegetables get a front row seat on our menus not only educating our pupils but encouraging them to try something new. Any pupil trying a food for the first time will be rewarded with one of our Food Super Heroes stickers, a fun and educational reward telling them more about the food group they have just eaten.

***It all starts with enjoyment - great tasting, healthy food that pupils look forward to and really love.***