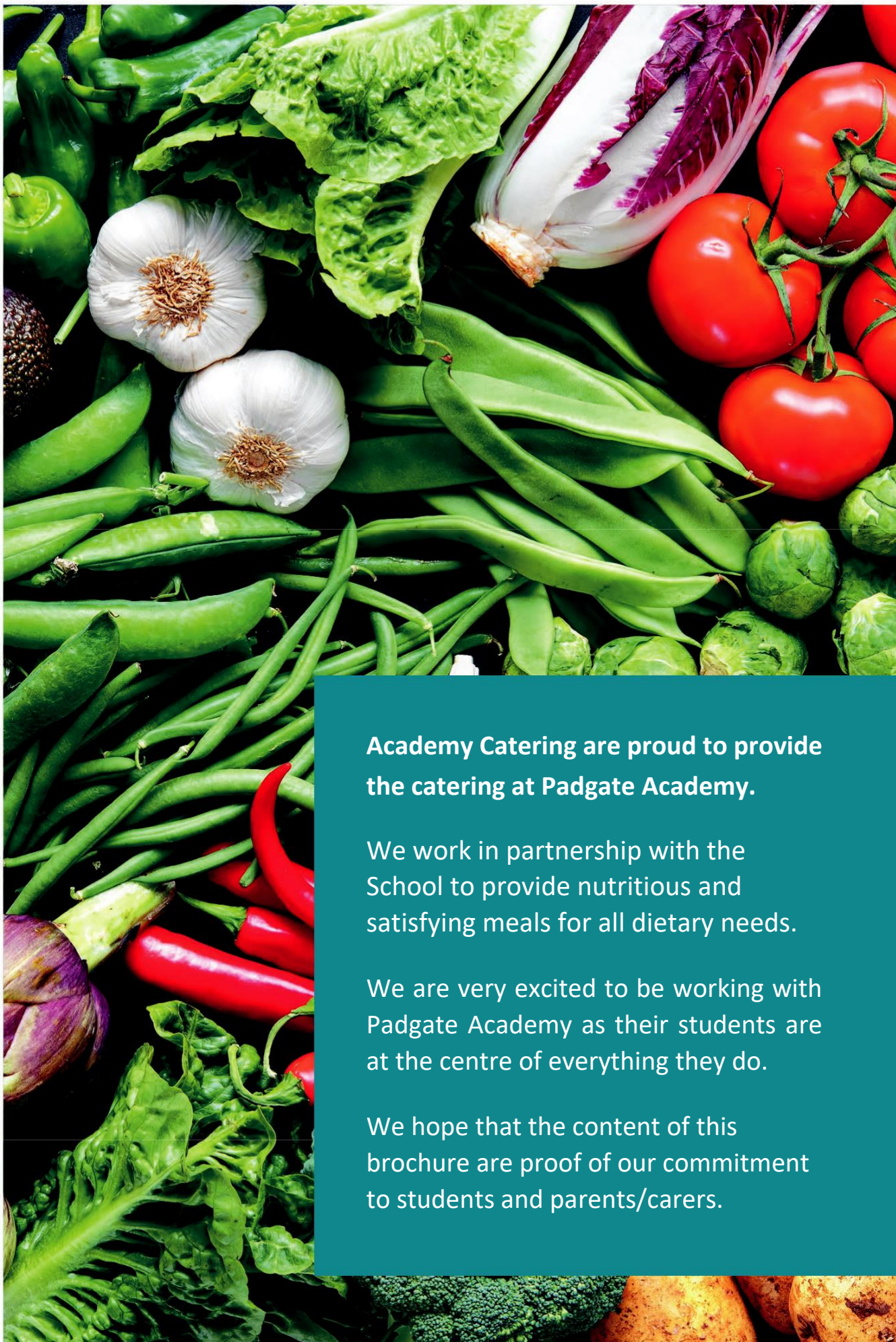


# Catering Information for Students and Parents/Carers at Padgate Academy







**Academy Catering are proud to provide the catering at Padgate Academy.**

We work in partnership with the School to provide nutritious and satisfying meals for all dietary needs.

We are very excited to be working with Padgate Academy as their students are at the centre of everything they do.

We hope that the content of this brochure are proof of our commitment to students and parents/carers.



## FSM Information

Your child may qualify for free school meals if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

# Save £456

**Per year – apply now**



## Benefits to having a free meal

- Your son/daughter receives a well-balanced meal
- Less money spent at the supermarket
- No more time spent preparing lunches
- Keeps energy levels up and aids learning
- Parents/Carers can monitor what their son/daughter is eating each day on-line

**Save £456 per year – that's £2.40 per day**





## Important to know

To redeem:

- No ticket required
- No stigma attached
- Anonymous
- Allowance automatically updated, so no need for you to do anything

**If you have any questions, please contact the main school office for further information.**

## What can I get for my free meal allowance?



### Main or Veggie Meal Deal

Main or Veggie Meal	£2.15
Add a Small Water	£2.40
Add a small cake	£3.00



### Pasta & Sauce Meal Deals

Pasta and Sauce	£1.95
Add a Small Water	£2.40
Add a small cake	£2.85



### Baguette/Panini Meal Deal

Baguette/Panini	£2.10
Add a Small Water	£2.40
Add a small cake	£2.90



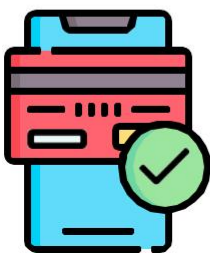
### Pizza Meal Deals

6" Pizza	£2.00
Add a Small Water or Cake	£2.40
Add a small cake	£2.90



### Jacket Potato Meal Deal

Jacket with Cheese	£2.00
Add a Small Water	£2.40
Add a small cake	£2.75



## Online payment system

- On-line payments, pay anywhere in real time via PARENTPAY
- Allergen Information displayed when a students name is displayed
- Speeds up service
- No need for cash in school













**Any Questions? Speak to our Catering Manager  
Jacquie Ryan**



# WEEK ONE MENU



	Pot Meal	Chicken Shed	Academy Snack	Available Daily	Academy Garden
MONDAY	Chilli Con Carne with Rice	Salt & Pepper Chicken Mini Bites with Noodles 	Pepperoni or Veggie Pizza 	Pasta and Sauce Jacket Potatoes Sandwiches	Baked Wedges House Salad Broccoli
TUESDAY	Chinese Chicken Curry with Rice 	Popcorn Chicken 	Beef Burger with Onions on a Roll 	Pasta and Sauce Jacket Potatoes Sandwiches	Salt and Pepper Diced Sweetcorn House Salad
WEDNESDAY	Cottage Pie	Crispy Chicken Goujon Wrap 	Pizza Pitta Bread 	Pasta and Sauce Jacket Potatoes Sandwiches	Mashed Potato Green Beans
THURSDAY	Roast Beef & Yorkshire Pudding	Blackout Cajun Chicken on Pitta with Salad 	Sausage Baguette with Fried Onions	Pasta and Sauce Jacket Potatoes Sandwiches	Roast Potatoes Carrots Green Beans Gravy
FRIDAY	Fish Fingers	Chicken Nuggets 	Mac and Cheese topped with Crispy Leeks 	Pasta and Sauce Jacket Potatoes Sandwiches	Chips Mushy Peas & Baked Beans Curry Sauce & Gravy

**Food Allergies & Intolerance** If you require information on allergens or suffer from a food intolerance please speak to a team member before you order your food or drinks.














**SEASONAL KITCHEN**



# WEEK TWO MENU



	Pot Meal	Chicken Shed	Academy Snack	Available Daily	Academy Garden
MONDAY	Beef Bolognese served with Pasta & a Garlic Bread Slice	Popcorn Chicken with Spicy Noodles 	Loaded Cheesy Nacho's	Pasta and Sauce Chicken Burgers Jacket Potatoes Sandwiches	Baked Wedges Sweetcorn
TUESDAY	MAHATMA GHANDI'S Salt March Butter Chicken 	Piri Piri Chicken with Spicy Rice 	Pepperoni or Margherita Pizza 	Pasta and Sauce Chicken Burgers Jacket Potatoes Sandwiches	Diced Potato Coleslaw
WEDNESDAY	Lasagne with Homemade Garlic Bread 	Salt & Pepper Shredded Chicken with Egg Fried Rice 	Kingston's Heroes Mango & Lime Chicken Wrap 	Pasta and Sauce Chicken Burgers Jacket Potatoes Sandwiches	Baked Wedges House Salad
THURSDAY	Caramelised Spicy Beef with Noodles 	Crispy Katsu Chicken Wrap 	Malaysian Cauliflower Curry Served with Jewelled Rice 	Pasta and Sauce Chicken Burgers Jacket Potatoes Sandwiches	Roasted Diced Potatoes House Salad
FRIDAY	Cheese, Onion & Potato Pie	Chicken Bites 	Jumbo Sausage	Pasta and Sauce Chicken Burgers Jacket Potatoes Sandwiches	Chips Mushy Peas & Baked Beans

**Food Allergies & Intolerance** If you require information on allergens or suffer from a food intolerance please speak to a team member before you order your food or drinks.



**SEASONAL KITCHEN**



Monthly Themes

To add interest, we take part in various theme days.

# WHAT'S COMING UP

## SUMMER 2023

MAY

JUNE

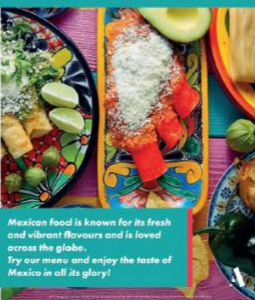
JULY

**INTERNATIONAL HAMBURGER DAY**



We're celebrating International Hamburger Day! Come and try our exciting new burger recipes.

**MEXICAN FOOD DAY**



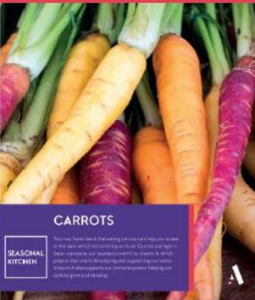
Mexican food is known for its fresh and vibrant flavours and is loved across the globe. Try our menu and enjoy the taste of Mexico in all its glory!

**AMERICAN INDEPENDENCE DAY**



We're celebrating American Independence Day with a few delicious Truly American dishes for your holiday pleasure. Come join in the fun!

**ON THE MENU**

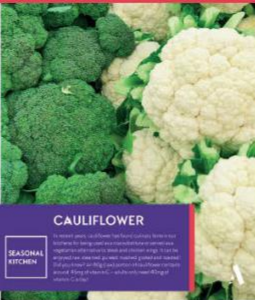


**CARROTS**

SEASONAL KITCHEN

There's nothing more healthy for you than eating fresh seasonal produce. Carrots are packed with antioxidants and fibre, making them a great addition to any diet. They're also a great source of beta-carotene, which is essential for eye health. Try our carrot recipes today!

**ON THE MENU**



**CAULIFLOWER**

SEASONAL KITCHEN

Caiflower is a versatile vegetable that can be used in a variety of ways. It's low in calories and high in fibre, making it a great choice for a healthy diet. Try our cauliflower recipes today!

**ON THE MENU**



**BETROOT**

SEASONAL KITCHEN

Beetroots are a nutrient-dense vegetable that's packed with antioxidants and fibre. They're also a great source of iron and potassium. Try our beetroot recipes today!

**Waste Line.**




COLLECTIVELY WE CAN MAKE A DIFFERENCE

**Food Waste Facts**

It's estimated that 1.9 billion tonnes of food is wasted globally each year.

Every year in the UK, 7.7 million tonnes of household food waste is thrown away. Almost three quarters of that is perfectly good food we could have eaten.

Every day the equivalent of 100,000 chickens, 90 million slices of bread, 4.4 million potatoes and 2.7 million glasses of milk are thrown away by households in the UK.



more of the good stuff

**JAM STREET SOCIAL**



**BEAUTIFUL BREAKFASTS**

**Please make the school aware if you have any reactions to the 14 allergens.** Also, let us know if you have any other dietary requirements by email .

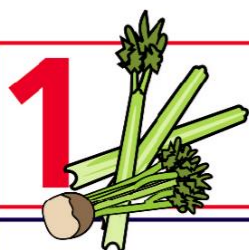
# 14 Allergens

Coming to a food label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



## Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

## Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

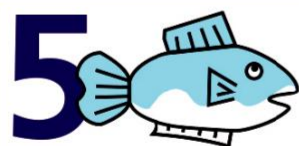


## Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

## Eggs



## Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

## Lupin







## 7 Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

## Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews



## 9 Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

## Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



## 11 Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

## Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



## 13 Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

## Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



For more information, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy) or [nhs.uk/conditions/allergies](http://nhs.uk/conditions/allergies)

✉ Sign up to our allergy alerts on [food.gov.uk/email](http://food.gov.uk/email), or follow [#AllergyAlert](https://twitter.com/AllergyAlert) on Twitter and Facebook

f Let's keep connected at [food.gov.uk/facebook](http://food.gov.uk/facebook)

t Join our conversation @[food.gov.uk/twitter](https://twitter.com/food.gov.uk)

YouTube Watch us on [food.gov.uk/youtube](http://food.gov.uk/youtube)

# ALLERGEN AWARENESS

If you require information on allergens or suffer from a food intolerance, please speak to a Team Member before you order your food and drinks.

Thank You

academy 



## **NATASHA'S LAW – STATEMENT OF INTENT**

Natasha's Law becomes legal guidance in the UK on the 1<sup>st</sup> October 2021. Atalian Servest Food Co (incorporating Angel Hill Food Co, Academy Education, and Academy Healthcare) are committed to ensuring that the company meets all legal guidelines to comply with this legislation.

The aim of Atalian Servest Food Co is always to provide the highest standards of food hygiene and food safety. To ensure that all of the guidelines laid out in the legislation are fully complied with, the duty to take all reasonable precautions and exercise due diligence will be delegated throughout the management structure and to all levels of staff. The company will therefore support both management and staff to achieve this legal compliance.

Our intention to manage the implementation of Natasha's Law is ;

- The QHSE Team will create and issue a PPDS Allergen Risk Assessment which will be carried out by The Operations Team on each of their sites to ascertain the risks associated with each individual premises and outline the actions required to remove those risks.
- All Catering colleagues will receive initial training via an in house video in the first instance, refreshing on current allergen legislation and introducing them to the new legislation
- All Catering colleagues will complete an eLearning training module on Natasha's Law. This will cover the correct procedures for producing, packaging and labelling PPDS products under the legislation. This will be monitored by testing and observation of activities through audits.
- We will work closely with a professional labelling software company who will produce and advise us on the implementation of fully compliant labelling under Natasha's Law
- Our Purchasing Compliance Manager will be working in collaboration with all of our nominated suppliers to ensure that their labelling of our incoming supplies is fully compliant.
- Our Development Chef Team will produce specifications for all PPDS foods that we will be producing in our business. This is in conjunction with the compliance team to ensure no deviations are made in products used or recipes followed.
- The QHSE Team will be fully engaged in the process and be advising to ensure all deadlines are met. The QHSE Team will conduct audits on all compliance under Natasha's Law.

This Statement of Intent will form part of Atalian Servest full policy document to be issued  
3/08/2021

 @Academy\_Food\_uk

 @Academy\_Food

