

WELCOME TO RADISH

Your School Caterer

Good food builds better communities

Our ethos 'Good food builds better communities' is at the centre of our food. We know that happy students are more motivated, productive and likely to excel themselves in learning and believe that food is at the heart of how they feel.

Our food concepts are designed based on dietary needs of your children, to deliver not only consistent quality but to tempt them to discover new flavours, contribute to looking after our planet and keep coming back for more!

We have a new menu and some new concepts to share with you for September 2021!



NEW MENU – AUTUMN/WINTER 2021 WEEK 1

Portchester School Menu

2021 - Week One



The Offer	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Affair	Meatball Pasta Bake	Marinated Chicken Strips in a flavoured bap	Lemon and Sage Roast Chicken Thigh	Minced Lamb Keema	Battered Fish with Lemon and Tartare Sauce
The Veggie Main	Vegetarian Lasagne (V)	Spicy Bean Burger in a Bun (V)	Roast Quorn (V)	Sweet Potato, Spinach and Chickpea Balti (V)	Cheese, Potato and Onion Pasty (V)
Finishing Sides	Hand Stretched Garlic Bread and Garden Salad	Homemade Wedges, Coleslaw and Sauces	Proper Roasties, Stuffing, Gravy, Broccoli and Sweetcorn	Steamed Rice and Cumin Roasted Carrots	Chippy Chips, Baked Beans, Garden Peas and our own Radish Ketchup
PERFECT PUDS	Vanilla and Sultana Sponge with Custard	Flapjack	Apple Pie with Custard	Frozen Mango Yoghurt	Chocolate and Beetroot Brownie

Nothing takes your fancy today?

Why not try our Noodle Bar, Good to Go, or our Be Kind to your Pocket Range with lots of delicious snacks and small bites.



Radish Food Plan

Radish aim to follow the recommendations of the School Food Plan. In order to ensure we do, we have adopted various ways to achieve this:

- ✓ All menus are centrally signed off by our School Food Plan expert and nutritionist.
- ✓ Standard recipes are issued to our team on site, ensuring consistency of ingredients/cooking methods are achieved
- ✓ Food and Service audits are carried out regularly to spot check compliance
- ✓ We purchase low salt and low sugar options

NEW MENU – AUTUMN/WINTER 2021

WEEK 2

Portchester School Menu

2021 - Week Two



The Offer	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Affair	Pork Sausages	Chicken Kiev topped with Mac and Cheese	Beef Pot Roast	Chicken Balti	Battered Fish or Salmon Dog with Lemon and Tartare Sauce
The Veggie Main	Vegetarian Sausages (V)	Margharita topped with Mac and Cheese (V)	Cheese and Tomato Quiche (V)	Squash and Lentil Curry (V)	Veggie Dippers (V)
Finishing Sides	Creamy Mashed Potato, Garmen Peas and Gravy	Roasted Carrots and Courgette	Proper Roasties, Stuffing, Gravy, Broccoli and Sweetcorn	Bombay Peas and Potatoes	Chippy Chips, Baked Beans, Garden Peas and our own Radish Ketchup
PERFECT PUDS	Bakewell Tart	Apple Berry Crumble with Custard	Strawberry Shortbread	Vanilla Ice Cream	Chocolate and Mandarin Sponge with Custard

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Healthy Eating

Our cooking methods are really important to us to ensure we are cooking with your children's health in mind.

- ✓ We only purchase high quality, lean meat and Grade 'A' seasonal fruit and vegetables
- ✓ We always practice healthier methods of cooking such as grilling, poaching, baking and steaming
- ✓ We only use low cholesterol, polyunsaturated fats and oils
- ✓ We moderate the use of sugar and do not use salt in cooking and seasoning
- ✓ We always provide plenty of foods rich in starch and fibre
- ✓ We always cook food in batches to maximise the retention of valuable nutrients in our foods

NEW MENU – AUTUMN/WINTER 2021

WEEK 3

Portchester School Menu

2021 - Week Three



The Offer	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Affair	Beef Bolognese with Spaghetti	Lebanese Chicken Kabab	Honey Roasted Gammon	Chicken Katsu Curry	Battered Fish with Lemon and Tartare Sauce
The Veggie Main	Vegetarian Spaghetti Bolognese (V)	Paneer Kabab (V)	Sweet Potato and Lentil Wellington (V)	Chickpea and Coconut Curry (V)	Jamaican Veg Pattie (V)
Finishing Sides	Creamy Mashed Potato, Garden Peas and Gravy	Pitta, Chopped Salad and Mint Yoghurt	Proper Roasties, Stuffing, Gravy and Roasted Root Vegetables	Steamed Rice and Green Beans	Chippy Chips, Baked Beans, Garden Peas and our own Radish Ketchup
PERFECT PUDS	Bakewell Tart	Chocolate and Coconut Cookie	Honey and Yoghurt Cake	Fruity Jelly	Chocolate Sponge with Chocolate Sauce

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SOME NEW CONCEPTS FOR YOUR SCHOOL

Autumn/Winter 2021

We are proud to share with you some new concepts that we will be launching during the Autumn/Winter Term 2021!

All designed with your children in mind to encourage trying new and exciting flavours.

Our new 'Flavour Beats' Noodle Bar will launch with different flavours available every day!

We are also introducing our 'Be Kind to your Pocket' range which is designed to offer lunch options all priced at under £1.00.



Cheese Roll	0.75
Egg Mayo Roll	1.00
Tuna Mayo Roll	1.00
Cheese Sandwich Half	0.70
Egg Mayo Sandwich Half	0.75
Tuna Sandwich Half	0.80
Small Sausage Roll	0.80
Bacon Bap	0.70
Egg and Cheese Breakfast Roll	0.90
Small Apple	0.45
Banana	0.45
Orange	0.45
Mini Cookies	0.35
Mini Flapjack	0.35

AMAZING VALUE!



THE FOOD HALL



FLAVOUR BEATS

STREET FOOD TO ATTACK YOUR SENSES

NOODLE BAR



Monday

Chicken Katsu
Vegetable Sweet & Sour (V)

Tuesday

Red Thai Chicken
Nepalese Curry (V)

Wednesday

Sweet & Sour Chicken
BBQ Quorn & Jackfruit (V)

Thursday

Volcano Chicken
Hoi Sin Quorn (V)

Friday

Chicken Tikka Masala
Vegetable Chow Mein (V)



THAI Red Curry

Sweet & Sour CHICKEN



£1.90



GOOD FOOD FACTOR

THE FOOD HALL