



Week Commencing 07/06/21

## DAILY CHEF SPECIALS!

Week 1	Monday	Tuesday	Wednesday <b>VEGPOWER</b>	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Pizza with Wholemeal Pizza Base served with Homemade Wedges and Salad	Homemade Sausage and Mash Potato with Onion Gravy and Garden Peas	Spaghetti Bolognese in Fresh Tomato Sauce served with Crusty Bread	Chicken Stir fry served with Noodles and Stir fry Vegetables	Fish Fingers with Chips and Baked Beans
<b>Alternative</b> Jacket Potatoes with Tuna and other Fillings Available Daily	Tomato and Basil Pasta	Vegetable and Cheese Quesadillas	Roasted tomato Bruschetta	Veg Samosa and Spring Rolls	Homemade Salmon and Leek Fish Pie
<b>Homemade Soup</b>	Leek and Potato	Chef Choice	Cream of Tomato	Broccoli and Cheddar	Chef Choice
<b>Starchy Food</b> Various Bread Choices Available	Pizza Base	Mash Potato	Pasta	Noodles	Homemade Chips
<b>Vegetables</b> Salad Bar with Hummus	Mixed Salad	Seasonal Vegetable	Tomatoes	Broccoli	Baked Beans
<b>Dessert</b> Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	Fresh Fruit Salad  Yoghurts	Cherry Bakewell Slice served with Ice Cream  Fresh Fruit	Homemade Scones with Jam or Cream  Yoghurts	Fresh Fruit Pavlova  Fresh Fruit	Cheese and Crackers  Fresh Fruit

All our meat is farm assured from local suppliers, we use free range eggs, organic milk, pasta and flour. All of our fruit and vegetables are locally sourced where possible.

FFT is a 'not for profit' School Company *owned* by its Partner Schools

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Week Commencing 14/06/21

## DAILY CHEF SPECIALS!

Week 2	Monday	Tuesday	Wednesday <b>VEGPOWER</b>	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Vegetable Curry with Yoghurt and Mint Dip Served with Brown Rice	All Day Breakfast with Sausage, Scrambled Egg, Wholemeal Toast, Mushrooms, Roasted Tomatoes	BBQ Chicken with Rice served with Butter Glazed Corn on the Cob	Ham Roast Dinner with Cauliflower Cheese, Baby Carrots Gravy, Roast Potatoes and	Homemade Battered Fish with Chip and Minted Mushy Peas
<b>Alternative</b> Jacket Potatoes with Tuna and other Fillings Available Daily	Quiche	Pesto Pasta	Sweetcorn Fritters with Tangy Yoghurt Dressing	Spanish Omelette	Veggie Sausage Roll
<b>Homemade Soup</b>	<b>Chef Choice</b>	<b>Vegetable</b>	<b>Chinese Sweetcorn</b>	<b>Leek and Potato</b>	<b>Chef Choice</b>
<b>Starchy Food</b> Various Bread Choices Available	Wholemeal Rice	Wholemeal Toast	Rice	Roast Potato	Homemade Chips
<b>Vegetables</b> Salad Bar with Hummus	<b>Celery and Cabbage</b>	<b>Mushrooms</b>	<b>Sweetcorn</b>	<b>Carrots and Broccoli</b>	<b>Mushy Peas</b>
<b>Dessert</b> Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	'Chocolate' Fudge Cake  Fresh Fruit	Vanilla Cheesecake  Fresh Fruit	Fresh Fruit Salad  Yoghurts	Apple Turnovers  Fresh Fruit	Cheese and Crackers with Yoghurts  Fresh Fruit

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Week Commencing 21/06/21

## DAILY CHEF SPECIALS!

Week 3	Monday	Tuesday	Wednesday <b>VEGPOWER</b>	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Vegetable Lasagne served with Salad and Crusty Bread	Beef Burger in a Bun served with Homemade Wedges and Baked Beans.	Spanish Chicken Traybake with Mixed Peppers served with Rice	Homemade Scouse served with Red Cabbage and Crusty Bread	Fish Cake or Fish Fingers and Chips Served with Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Cherry Tomato Quiche served with Crispy Fresh Salad	Creamy Cheese and Pasta Bake	Veggie Sausage Toasties	Tuna Pasta Salad with Red Onion, Sweetcorn and Mixed Peppers	Tandoori Salmon Served with Tear Drop Naan Bread
<b>Homemade Soup</b>	Chef Choice	Leek and Potato	Red Pepper Soup	Tomato and Basil	Chef Choice
<b>Starchy Food</b> Various Bread Choices Available	Pasta	Mash Potato	Wholemeal Rice	Potatoes	Homemade Chips
<b>Vegetables</b> Salad Bar with Hummus	Tomatoes	Green Beans	Peppers	Carrots	Mushy Peas
<b>Dessert</b> Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	Iced Apple Flapjacks  Fresh Fruit	Yoghurt Fruit Crunch Pots  Fresh Fruit	Sticky Toffee Pudding  Yoghurts	Fresh Fruit Salad  Fresh Fruit	Rich Chocolate Cookies  Mixed Flavour Yoghurts

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Week Commencing 28/06/21

## DAILY CHEF SPECIALS!

Week 4	Monday	Tuesday	Wednesday <b>VEGPOWER</b>	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Pizza with Wholemeal Pizza Base served with Homemade Wedges and Salad	Homemade Sausage and Mash Potato with Onion Gravy	Lamb Kofta Kebab served with Pita Bread, Rice and Carrot and Orange Coleslaw	Chicken Roast Dinner with Roast Potatoes, Stuffing, Broccoli, Carrots and Gravy	Fish Fingers with Chips and Baked Beans
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Tomato and Basil Pasta	Vegetable Sausage Toasties	Cumin Hummus served with Carrot Sticks Fresh Bread and Salad	Vegetable Paella	Homemade Salmon and Leek Fish Pie
<b>Homemade Soup</b>	Leek and Potato	Tomato and Basil	Carrot and Coriander	Broccoli and Cheddar	Chef Choice
<b>Starchy Food Various Bread Choices Available</b>	Pizza Base	Mash Potato	Rice	Roast Potatoes	Homemade Chips
<b>Vegetables Salad Bar with Hummus</b>	Mixed Salad	Seasonal Vegetable	Carrots	Broccoli	Baked Beans
<b>Dessert Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time</b>	Fresh Fruit Salad  Yoghurts	Cherry Bakewell Slice served with Custard  Fresh Fruit	Carrot Cake  Yoghurts	Cheese and Crackers  Fresh Fruit	Arctic Roll  Fresh Fruit

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Week Commencing 05/07/21

## DAILY CHEF SPECIALS!

Week 5	Monday	Tuesday	Wednesday <b>VEGPOWER</b>	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Vegetable Curry with Yoghurt and Mint Dip Served with Brown Rice	All Day Breakfast with Sausage, Scrambled Egg, Wholemeal Toast, Mushrooms, Roasted Tomatoes	Homemade Pea Pesto Spaghetti served with Fresh Garlic Bread	Slow Cooked Chicken Tagine served with Couscous and a Greek Yoghurt Dip	Homemade Battered Fish with Chip and Minted Mushy Peas
<b>Alternative</b> Jacket Potatoes with Tuna and other Fillings Available Daily	Quiche	Veggie Sausage Toasties	Cheese and Tomato Panini with Mozzarella Cheese	Macaroni Cheese	Veggie Sausage Roll
<b>Homemade Soup</b>	Chef Choice	Vegetable	Chef Choice	Tomato and Basil	Chef Choice
<b>Starchy Food</b> Various Bread Choices Available	Wholemeal Rice	Wholemeal Toast	Spaghetti	Couscous	Homemade Chips
<b>Vegetables</b> Salad Bar with Hummus	Celery and Cabbage	Mushrooms	Peas	Tomatoes	Mushy Peas
<b>Dessert</b> Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	'Chocolate' Fudge Cake  Fresh Fruit	Vanilla Cheesecake  Fresh Fruit	Fresh Fruit Salad  Yoghurts	Chocolate Cookies  Fresh Fruit	Cheese and Crackers with Yoghurts  Fresh Fruit

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Week Commencing 12/07/21

## DAILY CHEF SPECIALS!

Week 6	Monday	Tuesday	Wednesday <b>VEGPOWER</b>	Thursday	Friday
<b>Main Meal</b> We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Homemade Vegetable Lasagne served with Salad and Crusty Bread	Steak Mince and Mash Potato with Onion Gravy and Green Beans	Broccoli and Chorizo Penne Pasta served with Crusty Bread	Chef Choice	Fish Fingers and Chips Served with Mushy Peas
<b>Alternative Jacket Potatoes with Tuna and other Fillings Available Daily</b>	Cherry Tomato Quiche served with Crispy Fresh Salad	Creamy Cheese and Pasta Bake	Salmon Fish Pie served with Seasonal Vegetables	Chef Choice	Fish Cake
<b>Homemade Soup</b>	Chef Choice	Leek and Potato	Broccoli and Cheddar	Chef Choice	Chef Choice
<b>Starchy Food</b> Various Bread Choices Available	Lasagne Sheets	Mash Potato	Pasta	Chef Choice	Homemade Chips
<b>Vegetables</b> Salad Bar with Hummus	Tomatoes	Green Beans	Broccoli	Chef Choice	Mushy Peas
<b>Dessert</b> Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	Apple Flapjacks  Fresh Fruit	Yoghurt Fruit Crunch Pots  Fresh Fruit	Sticky Toffee Pudding  Yoghurts	Chef Choice  Fresh Fruit	Rich Chocolate Cookies  Mixed Flavour Yoghurts

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Week Commencing 19/07/21

# DAILY CHEF SPECIALS!

Week 7	Monday	Tuesday Party Day!	Wednesday	Thursday	Friday
Main Meal We Provide A Variety of Seasonal Hot and Cold Dishes for Children to Freely Choose From	Chef Choice	Party Buffet with Sandwiches, Sausage Rolls, Cheese Rolls, Pasta Salads Crisps			
Alternative Jacket Potatoes with Tuna and other Fillings Available Daily	Chef Choice	Chef Choice			
Homemade Soup	Chef Choice	Chef Choice			
Starchy Food Various Bread Choices Available	Chef Choice	Bread			
Vegetables Salad Bar with Hummus	Chef Choice	Chef Choice			
Dessert Fresh Fruit, Selection of Low-Fat Yoghurts and Homemade Puddings Available Every Lunch time	Chef Choice	Chefs Choice			

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## **FFT Memo: All Chefs/Cooks.**

**The Following products can be bought from Ulverston at competitive prices.**

CREAMY MAYONNAISE (5L)	UMC £5.80
MEDIUM ** FREE RANGE ** EGGS (5 x 12)	UMC £6.75
FRESH DOUBLE CREAM (2.27L)	UMC £4.80
BUTTER - SALTED (250g)	UMC £1.10
BUTTER - UN-SALTED (250g)	UMC £1.10
KERRYMAID CHEESE SLICE (112)	UMC £5.99
**SLICED** WHITE MATURE CHEDDAR (1kg)	UMC £5.50
MONTEREY JACK CHEESE SLICES (1kg)	UMC £5.50

## **Veg Power:**

**FFT are working with School improvement and Veg Power in collaboration with Public Health England to increase the amount of vegetables served to our children at lunchtime. Over the next menu cycle Veg Power will be running every Wednesday with recipes for new dishes available on our website. All schools can take part and challenge their children to taste different foods and broaden their food horizons. Packs have gone out to all schools due to take part in the project but we hope all FFT school cooks will give their children the chance to try the new dishes.**





# food for thought



Newsletter

Issue 5



## Tom's News –Successful Poetry competition.

I am very pleased to announce the winners and runners up for the Food For Thought Poetry Competition! After receiving excellent entries from young poets across the city, the following were chosen by an independent panel of experts from UNESCO and the Writing on the Wall project.

- 1<sup>st</sup> Prize - Easter Lilly - Seren Egan from Gilmour Junior School - winning a fantastic Acer Chromebook 314.
  - 2<sup>nd</sup> Prize - Leaves go where they blow - Alfie Rowan from Hope School- winning an Amazon Kindle 7 plus a £10 Gift Voucher.
  - 3<sup>rd</sup> Prize - What if.. - Fizza Farukh from Our Lady Immaculate Catholic Primary School—winning an Amazon Kindle Fire 7.
- All other 7 runners up will receive a £25 Amazon Gift Voucher.

**Congratulations and thanks to everyone involved.**

## Here comes the Summer.

Food For Thought have now recruited 30 schools to participate in this really interesting event, encouraging children to increase their consumption of vegetables.



Food For Thought will be featuring the following vegetables in their menus, allowing children to sample these and win points/stickers for their weekly reward chart.

The national programme commences with a TV campaign on ITV, Channel 4 and Sky. Please take as many photos as possible and post on twitter @vegpower

- W/C 7th June 2021-Tomatoes
- W/C 14th June 2021-Sweetcorn
- W/C 21st June 2021- Peppers
- W/C 28th June 2021-Carrots
- W/C 5th July 2021 - Peas
- W/C 12th July 2021-Broccoli



## FFT Chefs' Forum

The agenda has been set for the new Chefs' Forum . We have 7 FFT school Chefs that will be representing your views, but we would welcome more of you to join if you are interested. If you would like the opportunity to air your views on any of the topics below please let us know .

Our topics of discussion will be

- ◆ The menu
- ◆ Supplies and products
- ◆ New paperwork
- ◆ Recipe books

Simon and Neil will be managing the meetings. For more information please call or email (contact details overleaf).



## Climbing Hangar –Opportunity for Schools

Food For Thought have developed close links with The Climbing Hangar, to promote the sport of bouldering within our member schools. After a long period of inactivity, it's the perfect time to get your pupils moving again! Bouldering is a form of indoor and outdoor climbing that involves no ropes and focuses on lower-level climbing. The sport has multiple physical and mental benefits, as well as boosting self-esteem, as participants learn to navigate routes that become increasingly more complex. Every new climb provides a sense of accomplishment!

Jay Railton, youth climbing coach at The Climbing Hangar, said, "Resilience has never been more of a focus for youth development than it is in the aftermath of the pandemic and it is just one of the values which climbing promotes". Jay has put together a proposal for all Food For Thought schools, which details more about the sport, its benefits and the costs (which are very reasonable).

Participants need a P.E. kit and a pair of climbing shoes to be able to take part in bouldering (The Climbing Hangar provide their rental climbing shoes for free). For the first time ever, bouldering will be an event in the Olympic Games this summer. Runcorn-born Shauna Coxsey, MBE, the most successful competition climber in the UK, is a member of the GB Olympic Squad for Tokyo 2021. In the autumn of 2021 Food For Thought will be collaborating with The Climbing Hangar to host an inter-school bouldering competition.

Places will be limited, so contact [Jimmy@fftiverpool.co.uk](mailto:Jimmy@fftiverpool.co.uk) to register your school's interest or for a copy of Jay's schools' proposal.

# Well Done-You're Stars!



From Wendy Walters- Rudston Primary School

'I would love to nominate the FFT team at Rudston who during the last 12 months of COVID, school closure, Hubs and reopening has been absolutely amazing. Nothing is ever too much trouble and they have adapted to the new life of COVID restrictions with ease and always with a smile. Even through staff absence Lou has led the team day to day to ensure that all children receive a hot, healthy meal.' (Rudston team photo upper right)



**Matt White( Executive Headteacher-Much Woolton and St Ambrose Schools)**  
'Can I propose the teams at both my schools for the collaboration and cross school support they have shown one another in the last year?'

We are sorry that Carol from Much Woolton doesn't feature on the photo . Carol has worked at the school for over 15 years, supporting the school through good and not so good times. We all wish her well.



## **New form for school kitchens**

**Now invoices are being scanned and emailed directly to our accountant for payment, the school catering manager will need to let FFT know of any inaccuracies on the invoice. When a delivery arrives, please check and sign the invoice. If you do not have time to check, please sign as "unchecked." If there is anything wrong with the delivery FFT must be informed by completing the new "Delivery Variation Form", then scan and email to the accountant. John.kirk@fftliverpool.co.uk Please ensure your catering manager is made aware of the new process, and has a printed copy of the form that has been emailed along with this newsletter.**

## **Neil's Top Tips** **Cooking Vegetables**

- At Food For Thought we love food . Here are just a few tips and tricks to help minimise waste:
1. Start by selecting seasonal produce. If you start with produce that is at it's best and grown under best conditions then you can easily produce fantastic dishes.
  2. As a rule of thumb, vegetables that grow below the ground should be started off in cold water and brought to the boil, vegetables that grow above the ground should be added to boiling water to cook. Always try to use as little water as possible if boiling; the water should just cover the vegetables in the pan.
  3. Vegetables should not be overcooked. When vegetables are overcooked, they lack in nutrients and are not enjoyable to eat. Aim for 10/12 minutes' cooking time depending on the vegetable itself.
  4. Speak to your business manager and see if your school has a compost heap where they can make use of any wastage.
  5. If you are making a pasta dish, try adding roasted vegetables eg. onion, peppers, tomato. When the vegetables are in the oven they are effectively dehydrating which intensifies the flavours.
  6. Soup is the easiest way to serve healthy vegetables to children. Try making your soups more exciting with spices, herbs and garnish. Try serving them in a cup for easier drinking.
  7. Always buy fresh vegetables over frozen. It is much cheaper and the product is far superior to frozen products.
- Follow the FFT recipes. Dishes like the tomato base sauce and the curry are purposely made with extra added "hidden" vegetables.
- If anyone is unsure about any of these tips, please feel free to email me and I can support you with recipe ideas and any training that is necessary [neil@fftliverpool.co.uk](mailto:neil@fftliverpool.co.uk).

## **Contact details**

Food for Thought Office  
Gilmour Infant School  
Southbank Road  
Garston  
Liverpool L19 9AR  
**0151 427 5555**



CEO :  
Tom Lambeth  
[tom@fftliverpool.co.uk](mailto:tom@fftliverpool.co.uk)

Area Managers:  
Dan Reeves  
[dan@fftliverpool.co.uk](mailto:dan@fftliverpool.co.uk)  
Simon Formby:  
[simon@fftliverpool.co.uk](mailto:simon@fftliverpool.co.uk)

Project Manager:  
Jimmy Holland  
[jimmy@fftliverpool.co.uk](mailto:jimmy@fftliverpool.co.uk)

Office Manager:  
Sara Johnstone:  
[sara@fftliverpool.co.uk](mailto:sara@fftliverpool.co.uk)



## Supplier Invoice Variation Sheet

School :	
Name of supplier	
Invoice number	
Date of delivery	
Item Description	
Product code	
Problem (encountered please circle)	Shortage, damaged, incorrect item, other
Action taken	

Signed		Date	
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Once completed please scan and email to:

[John.kirk@fftLiverpool.co.uk](mailto:John.kirk@fftLiverpool.co.uk)