

A LITTLE UPDATE...

Welcome back for summer term!

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We love to hear feedback on the service we provide. Please send any questions or requests to:
enquiries@olivedining.co.uk

You can also check out our app! Introduced earlier last year, the Olive Dining app makes it easier than ever to stay up-to-date with what food is being served, and what's going on with the company.



Follow us on social media!



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WELCOME BACK FOR YOUR FINAL TERM!

What's New?

We hope everyone had a wonderful break for Easter! We know we're all geared up for the new term, chocked full with new menus, even more exciting theme days, and new seasonal produce to keep things fresh and fun.

As always, we're pushing for sustainability: reducing food packaging and waste, ensuring a sustainable supplier chain, and buying local and organic whenever we can from our trusted suppliers.

We've been busy all year providing an excellent service for all our schools, and don't plan on slowing down for the final term!

Brand new summer menus

We change our menus every term, to reflect the new season, its produce, and to make sure the meals we offer are always fresh, new and exciting.

Every single day over our three-week cycle, students and staff can find a meal that suits their dietary requirements and tastes.

Each menu is created individually for the school, so we can ensure every students' need is met.

All our chefs are expertly trained to cook each menu item on site to perfection, using fresh, seasonal ingredients, and to portion food effectively in order to reduce food waste.

SAMPLE SUMMER MENU

[WEEKLY MENU]

Week 1

Weeks Commencing: Monday 20th April - Monday 11th May - Monday 8th June - Monday 29th June

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Chicken Jalfrezi	Sausage + Mash with Onion Gravy (G, MK, SO, SU)	Roast Chicken, Sage + Onion Stuffing with Roast Gravy (CE, G)	Beef Lasagne with Garlic Bread (CE, G, MK)	Breaded Baked Fish with Tomato Ketchup (E, F, G)
Vegetarian Dish of the Day	Vegetable Moussaka with Winter Slaw (G, MK)	Vegetable + Bean Champ Potato Cottage Pie (V)	Pea, Leek + Red Onion Tart (E, G, MK)	Quorn Sausage + Mash (E, G, MK, SO)	Three Cheese Macaroni with Herby Crust (E, G, MK)
Vegetable Choice	Steamed Rice Sweetcorn + Peas	Carrots + Green Beans Mixed Leaf Salad	Baby Roast Potatoes Medley of Seasonal Vegetables	Carrots + Broccoli	Chipped Potatoes Baked Beans Seasonal Vegetables
Dessert of the Day	Oatley Apple Crumble + Custard (G, MK) Fresh Fruit Salad	Spiced Marmalade Cake with Vanilla Sauce (E, G, MK) Fresh Fruit Salad	Sticky Toffee Pudding with Butterscotch Sauce (E, G, MK) Fresh Fruit Salad	Chocolate + Orange Cake with Chocolate Sauce (E, G, MK) Fresh Fruit Salad	Cherry + Apple Pie with Custard (E, G, MK) Fresh Fruit Salad
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Help Yourself Salad Bar Home Baked Breads Fresh Fruit	Help Yourself Salad Bar Home Baked Breads Fresh Fruit	Help Yourself Salad Bar Home Baked Breads Fresh Fruit	Help Yourself Salad Bar Home Baked Breads Fresh Fruit	Help Yourself Salad Bar Home Baked Breads Fresh Fruit

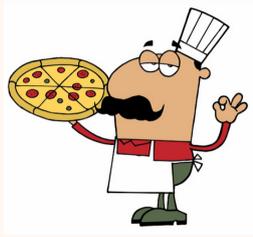
Allergens: CE = Celery E = Eggs F = Fish G = Gluten MK = Milk MU = Mustard SO = Soya SU = Sulphates V = Vegan



COMING UP: THEME DAYS



MAY 2020
CARIBBEAN
CARNIVAL



JUNE 2020
TASTE OF ITALY



JULY 2020
SEASIDE DAY

WHAT'S IN SEASON?

Eating seasonal produce whenever possible is the eco-decision.

Seasonal fruit and veg requires less emissions to grow as it will not require heating greenhouses and does not need to be flown from overseas. Buying seasonal also allows local and national farmers to flourish, and also means your food is fresher, tastier and packed with nutrients. What's not to love!



May: Spinach



June: Raspberries



July: Courgette

Seasonal Recipe: Vegan Banana, Coconut & Raspberry Bread

Ingredients

- 2 bananas (soft, peeled & mashed with a fork)
- 85 grams shredded coconut
- 188 grams self-raising flour (you can also use Gluten Free self-raising flour)
- 90 grams caster sugar (super fine sugar)
- 237 millilitres almond milk
- 1 lime
- 156 grams raspberries

Method

1. Preheat your oven to 170C or 340F and line a loaf tin with baking paper
2. Mix mashed bananas, milk, flour, sugar & shredded coconut together until a batter forms. Add the lime zest & juice. Mix through. Add 3/4 cup of raspberries in the mix & stir gently.
3. Pour the batter into the tin. Dot the top with the remaining berries.
4. Bake for 30-35 minutes or until golden and cooked through
5. Cool on a rack before slicing.



STAY HYDRATED



Don't forget to drink lots of water!

It's important to stay hydrated all year round, but during the summer it's especially important, as it's hotter and we tend to move more.

Drinking lots of water helps keep our brains functioning at their best.

In order to reduce our plastic waste while encouraging hydration, Olive Dining provides jugs of fresh water on tables during meal times to discourage single-use plastic water bottles!

Brexit and Olive Dining's Sustainability & Environment Policy



How we're handling Brexit

Olive Dining has worked hard over the last year to ensure that the supply of our ingredients continues smoothly.



We have enlisted the help of IPA, Food Purchasing Consultants, which has allowed us to have visibility over food prices and supply, minimising any potential future risks.

This has meant we can stabilise our food prices, establish a two-year plan with our main suppliers, and affords us the option to source key items from other suppliers if necessary.

Our policy remains to source local, fresh, and seasonal produce and meat, but having taken steps to mitigate any potential risk to supplying imported goods like pasta, we are confident we can continue to provide an excellent (and delicious) service to customers!

Sustainability and the Environment

At Olive Dining, we believe every member of our team is responsible for our sustainability and ethical practices.

We're working hard to reduce our use of disposables, and encourage our suppliers to do the same. This includes wrapper-free delis, water jugs at every table in cafeterias, and using Vegware packaging, which is biodegradable in four weeks at soil level.

We also work to create a restaurant atmosphere, with crockery, reusable dessert pots, and water available at every table, to reduce waste inherent in Grab-and-Go environments.

All our staff are trained to fill out daily sheets to manage the amount of food prepared to reduce waste, and to actively work to conserve power and water.

Our use of local suppliers for seasonal produce, minimal packaging, and fewer road miles ensures fresher, better tasting food that won't cost the planet.



From Farm to Fork

We work in partnership with our suppliers to reduce packaging and to provide fresh, seasonal, and local produce from environmentally sustainable sources. At least 15% of our ingredients are organic, and many of our schools have been awarded the Silver Food for Life accreditation.

Through working with local suppliers, we also reduce the number of road miles our food travels, producing fewer emissions and maintaining the freshness of produce.



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