

# Fresh Flavours are Blooming!



Get ready for a burst of springtime flavours in our dining rooms!

**Dietitian's Corner**  
Facts around sugar



**Chef's Corner**  
Our Development Chef Nik



**Easter Treats**  
Get baking this Easter



**BALANCED TRAY**  
More than just lunch

# Seasonal Menu



Get ready for a burst of springtime flavours in our dining rooms!

We're excited to announce our new spring menus, packed with delicious and nutritious dishes designed to nourish and delight your children.

This menu has been shaped by feedback from pupils, clients, and our catering teams.

We've listened carefully to favourite dishes, requests for more variety, and ideas for improvement; resulting in a menu that truly reflects what pupils enjoy.

## What's New (and back!)

- Popular favourites including Lasagne and Chilli
- A new vegetarian option for Roast Wednesday – Keema Puff Pastry Slice
- Enhanced choices on Plant Pizza Thursday, featuring new veggie-topped pizzas, plant-powered pittas, and wraps; a tasty way for pupils to enjoy a colourful variety of vegetables while supporting healthier, more sustainable choices
- An expanded street food range including wraps, loaded skins, and new flavoured burritos
- A lighter dessert selection focused on fruit-packed favourites, including:
  - Banana Bread Cookies
  - Blueberry Cake
  - Pineapple Upside-Down Cake

Our Nutrition Team has also increased plant-based proteins across the menu to boost fibre, support sustainability, and maintain great taste.



## Simply Veg is an amazing free resource and it's available to everyone!

It has lots of advice on eating healthier and features ideas and suggestions from various experts in nutrition. Here is an extract and an activity from their article on Sensory experience.

Engaging with veg is one of the best possible ways for kids to develop a healthy relationship with them.

Physically engaging through their senses and exploring how a veg smells, sounds, feels and looks can make it more likely they want to know how it tastes, too.

### Food Detectives

Grab some clean socks and put a fruit or vegetable in each one. Then challenge your child/children to see if they can guess what it is just by feeling it (no peeking!).



Suggested items; whole sweetcorn, pepper, parsnips, sweet potato, garlic, pear, kiwi, mango or you could try some more unusual ingredients like fennel, star fruit or dragon fruit.

There is an activity suggestion for each sense e.g. taste, smell, sound, look and feel simply visit; [simplyveg.org.uk/sensory/](http://simplyveg.org.uk/sensory/)



# Dietitian's Corner

**Did you know that children are consuming more than twice the recommended amount of sugar? Half of this comes from snacks and sugary drinks!**

## Its sweet - what's the problem?

While sugar provides energy, it has no nutritional value. Other food groups help keep our bodies strong and healthy, as even small amounts of fat has some benefits. Too much sugar can lead to tooth decay and is linked to serious health problems like type 2 diabetes, heart disease and some cancers.

## How much sugar is too much?

Children should have no more than:

**4-6 years: 19g of sugar (5 tsp) per day**

**7-10 years: 24g of sugar (6 tsp) per day**

This includes sugar added to foods like cereals, sweets, ice cream, biscuits, cakes, and chocolates, as well as the free sugars in fruit juices, smoothies, honey, and syrups. However, you don't need to worry about the natural sugars found in plain milk, yoghurt, or whole fruits and vegetables.

## Did you know?

500mls of cola has 13 teaspoons of sugar and a sharing bag of gummy sweets contains about 21 teaspoons.



## Spotting hidden sugar

Always check food labels. Many foods like fruit yoghurts and cereals can contain high amounts of sugar, even if they have added vitamins and minerals. Choose those with the lowest sugar content whenever possible.

## Suggested swaps

Instead of sugary snacks choose small cheeses, plain yoghurt, low sugar cereals, breadsticks, hummus, reduced sugar biscuits, crackers, fruits and vegetables, olives, peanut butter and nuts. Encourage your child to drink water and plain milk.

Dried fruit, fruit juice and smoothies are higher in sugar that can be bad for the teeth. Choose to have dried fruit with a meal and limit juice and smoothie portions to a small glass a day.

**The Nutrition and Dietetic Team have created some fun, interactive sessions focussed on sugar that may be delivered in your child's school – so watch this space!**

# From our kitchen to yours

Meet Nik, with over 30 years in the culinary industry, Nik's passion for food and sharing his expertise is truly inspiring!

He's a key part of our team, working closely with our onsite chefs to provide training and support, ensuring the delicious meals you enjoy are always top-notch.

In this edition Nik is sharing some quick and easy Easter treats that are perfect for a quick snack or a gift for a friend or family member.

## Top Tip

Make it more fun and let your child dress up as a chef with a tall hat!



## Easy Cornflake Cakes (No Bake)

### Ingredients

- 100g chocolate (milk or dark)
- 50g butter
- 3 tbsp golden syrup
- 100g cornflakes

### Method

1. Melt the chocolate, butter, and golden syrup together in a heatproof bowl over a pan of simmering water.

2. Stir until smooth and fully combined.
3. Add the cornflakes and gently fold until they're all coated in the chocolate mixture.
4. Spoon into cupcake cases and chill in the fridge for at least 1 hour to set.

If you want to make them extra fun, you can top them with mini eggs, sprinkles, or marshmallows.



## Allergen Tip

Simply replace the butter for a dairy-free alternative!

Do you have a dish you'd love to see featured? Let us know, and we'll happily consider including the recipe and expert advice in a future edition! Send your recipe request to [ukmarketing@taylorshaw.com](mailto:ukmarketing@taylorshaw.com)



## What's in season?

Did you know that eating what's in season is not only good for the planet, but also for your taste buds and your wallet?

Seasonal fruits and veggies, like juicy berries in summer or crunchy root vegetables in winter, haven't travelled far to get to your plate, meaning fewer food miles and a smaller environmental impact.

Plus, they often cost less because they're plentiful, and they taste amazing because they're picked at peak ripeness. Why not check out your local greengrocer or farmer's market to see what delicious seasonal goodies they have on offer?

You might discover some exciting new ingredients to experiment with in your kitchen!

### In season right now...

Cauliflower

Rhubarb

Kale

Savoy cabbage

Asparagus

Purple sprouting broccoli

Spring cabbage

Spring onions

## Chocolate Cheesecake Easter Eggs

### Ingredients

- An Easter egg of your choice
- 50g crushed biscuits
- 200g chocolate spread, at room temperature
- 250g cream cheese, at room temperature
- 30g icing sugar, sifted

### Method

1. Gently split the Easter egg into two halves.
2. Place a warm spoon on the outside of the middle of the egg to slightly melt the chocolate, creating a flatter base so it can stand unaided.
3. In a large bowl, mix the chocolate spread, icing sugar, and cream cheese together.



### Allergen Tip

Simply replace the cream cheese for a dairy-free alternative or chocolate dessert!

4. When the mixture is creamy and well combined, spoon it into the egg halves and top with the crushed biscuits.

## Chicken & Waffles (serves 4)

### Ingredients

- 4 Belgian waffles
- 4 boneless chicken thighs
- 4 tablespoons cornflour
- Salt and pepper
- 1 teaspoon paprika or Cajun spice
- Sweet chilli sauce or sticky BBQ sauce

### Method

1. In a large bowl, mix the cornflour, 2g salt, 2g pepper, and 5g of your chosen spice (paprika or Cajun).

2. Coat the chicken thighs thoroughly in the spice mixture.
3. Dry fry the chicken in a hot pan until golden brown on each side.
4. Transfer to a preheated oven at 180°C for approximately 25 minutes, or air fry at 180°C for 20 minutes.
  - When there are 2 minutes remaining, add the waffles to warm through.

5. Place each cooked chicken thigh on a warmed waffle and drizzle with your preferred sauce — sweet chilli or sticky BBQ works beautifully.

