

# HELLO!

Welcome from all at Olive Dining!

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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](mailto:enquiries@olivedining.co.uk)

You can also check out our app!  
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.

We are also on Instagram and Twitter.



**Follow us on social media!**



@olivediningltd



@olivediningltd



# WELCOME

## What's New?

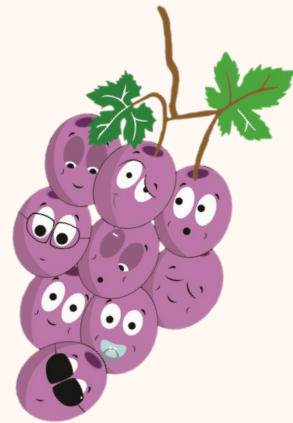
Hello and welcome, I would like to take this opportunity to introduce you to Olive Dining. We will be your new catering provider starting from September.


Here at Olive we pride ourselves on the food we produce and the ingredients that we use. We ensure that we use locally sourced produce to support the local community and manage road miles to support the environment. Recently we have been awarded the Gold Food Standard for Food for Life by the Soil Association.


All our food is prepared in the school kitchen from scratch, the staff are trained in creating the menus that we provide, our focus is on nutrition, creating an innovative menu that the students will enjoy.

Your input and feedback on the service we provide is important to us, and I very much look forward to meeting you.

Stephanie Spratt, MD Olive Dining Ltd



**[WEEKLY MENU]**  **Week 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Main Dish of the Day</b>	Tomato + Basil Pasta (CE, G)	Beef Burger (G, SO)	Beef Bolognese (G)	Chicken Arrabiatta	Crispy Battered Fish Fillet (F, G)
<b>Vegetarian Dish of the Day</b>	Butternut Squash + Pepper Pasta (G, CE)	Vegetable Burger (G)	Quorn + Roasted Vegetable Bolognese (E, CE, G)	Mild Vegetable Chilli (CE)	Vegetable Nuggets (G)
<b>Vegetable Choice</b>	Sweetcorn + Broccoli Floret Chef Salad	Seasoned Wedges (G) Carrots + Garden Peas Chef Salad	Medley of Vegetables Chef Salad	Steamed Rice Green Beans + Carrots Chef Salad	Chipped Potatoes Garden Peas Chef Salad
<b>Dessert of the Day</b>	Citrus Cupcake (E, G) Fresh Fruit Salad Pot	Fruity Jelly Pot Fresh Fruit Salad Pot	Flapjack (G) Fresh Fruit salad Pot	Chocolate Chip Cookie (E, G, MK, SO) Fresh Fruit Salad Pot	Cinnamon Swirl (G, SO) Fresh Fruit Salad Pot
<b>Jacket Potato Bar</b>	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings
<b>Cold Selection</b>	Home Baked Breads (G, SO)	Home Baked Breads (G, SO)	Home Baked Breads (G, SO)	Home Baked Breads (G, SO)	Home Baked Breads (G, SO)

**SAMPLE MENU**



Allergens:  
 CE = Celery E = Egg F = Fish G = Gluten MK = Milk MU = Mustard SE = Sesame SO = Soya  
 SU = Sulphur Dioxide

## COMING UP THIS TERM: THEME DAYS



OCTOBER 2021  
BLACK HISTORY  
MONTH



NOVEMBER 2021  
CHILDREN IN NEED



DECEMBER 2021  
CHRISTMAS

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!

## WHAT'S IN SEASON?

There are many benefits to eating seasonal produce as well the environmental aspect. Be it by plane, train or automobile - when food has to come a long way to get to you, it comes with a carbon footprint. It is also much healthier, it tastes better and it's exciting!

Whatever the reason, there's something about seasonal eating that seems natural and instinctive.



Sept: Apples



Oct: Chai Seeds



Nov: Bay Leaves

## Seasonal Recipe: Apple Breakfast Muffins

### Ingredients - Serves 12

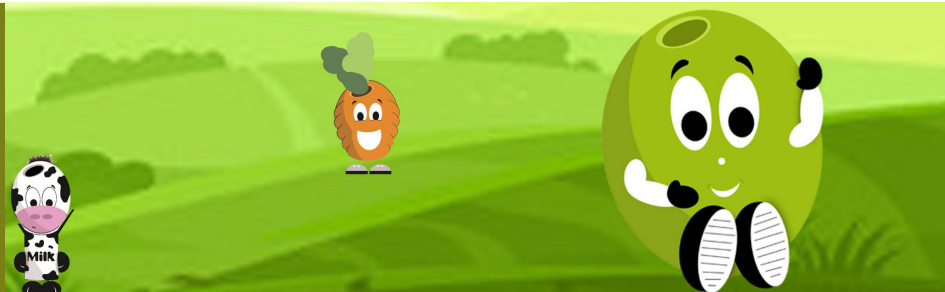
- 2 large eggs
- 100ml vegetable oil
- 120g white or golden caster sugar
- 50ml whole milk or soya milk
- 300g self raising flour
- 3 teaspoons baking powder
- 3 teaspoons ground cinnamon
- 1 generous teaspoons vanilla extract
- 1 pinch salt
- 100g rolled oats
- 3 apples, grated
- Demerara sugar for sprinkling

### Method

- Heat the oven to 220 C / 200 C fan / Gas 7.
- In a large bowl beat the eggs. Add the oil, sugar and milk. Stir briefly with a wooden spoon.
- Add all of the other ingredients and again stir briefly so not to over mix. The mixture should be spoonable. If it is too runny then add more flour. Don't worry about the mixture being lumpy.
- Spoon into the muffin cases straight away, filling the muffin cases almost to the top (that enables them to rise in a dome shape). You can also let the mix rest for 1 hour before baking to allow for the gluten to build up.
- Bake at 220 C / 200 C fan / Gas 6 for 8 to 9 at the centre of the oven, then turn the oven down to 200 C / 180 fan / Gas 6 and bake for an additional 15 to 20 minutes.
- Cool in the baking tray for 1 to 2 minutes. Sprinkle with demerara sugar before leaving to cool on a wire rack.



# COVID and Olive Dining's Sustainability & Environment Policy



## How we're handling COVID

Olive Dining are taking the safety of the students and staff extremely seriously as we prepare to return to school in September. We are continuously reviewing Government guidelines and adjusting our Risk Assessments accordingly.

Some of the measures that we have put in place are as follows:

- Risk Assessments published on our website
- COVID 19 secure workplace declaration in place in the kitchens
- Team training on increased hygiene practises
- Employee Health declaration on resuming work
- No external visitors allowed in the kitchen
- No agency workers will be used
- Cashiers will wear visors where social distancing cannot be practiced
- Biometric readers sanitised between use



## Sustainability and the Environment

