

A MESSAGE FROM YOUR SCHOOL CATERER



Dear Parents,

We wanted to let you know that your school caterer, TCS, is now part of a group of three catering companies. Over the next month we will join under our main brand 'Radish'. Rest assured there will be no change to our catering service, just a new, exciting look!

As part of the Radish brand, we are committed to acting responsibly, operating with integrity and behaving ethically.

Our mantra of 'It's All Good' underpins our entire philosophy from the ethical sourcing of the highest quality food

Our aim is simple... to encourage children to discover diverse and delicious healthy food, whilst actively supporting your school in educating the benefits of a healthier diet. In doing so we hope to change children's perception of food. We look forward to welcoming your child and hope they continue to enjoy dining with us every day!



INTRODUCING HERBY

It's true, Healthy Eating Really Benefits You!

That is why Radish created Herby who stands for just that. Herby is our interactive Mint Character that we use to educate our pupils through our marketing material and activities.



OUR ADDED VALUE PROMISE

Look out for our theme and activity days, interactive assemblies and many more added value events and initiatives throughout the year .



www.radishallgood.com



WHAT YOUR CHILD CAN EXPECT

Our menus centre around freshly prepared food, which is environmentally sustainable, ethically sourced and designed to educate children around healthy eating. Our menus are completely tailored to your school with direct input from pupils, school, and our on-site teams.

- Our menus meet and often exceed the current government food-based standards for school lunches
- Our menus are at least 80% freshly prepared on site
- We source our meat, fruit and vegetables from local suppliers
- We source our meat from farms with higher animal welfare standards
- We only use Free Range Eggs
- We only use MSC Certified Fish
- We always select ingredients which are free from harmful additives which have been linked to behavioural and concentration problems in children
- We do not use any GM (Genetically-Modified) containing products

WHAT ARE WE DOING ABOUT SALT AND SUGAR IN SCHOOL LUNCHES?

- We follow the School Food Standards which helps ensure our lunches are healthy and balanced
- Wherever possible our meals are freshly prepared
- We make our own sauces, we even have our own Ketchup!
- We use fruit in lots of our desserts which provides natural sweetness, allowing us to use less sugar
- Our recipes are tried and tested so where we do use sugar or salt we use as little as possible
- Our menus have on average 0.3g of salt within the recommended government guidelines
- We are working with Public Health England to meet their sugar reduction targets

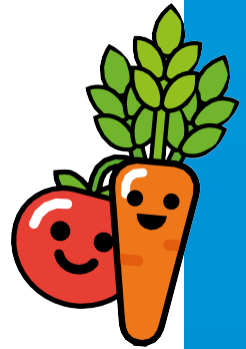
THE SUGAR SHERIFF!

The Sugar Sheriff is involved in holding a No-Added Sugar Menu each week (on Wednesday) and also in educating the children through assemblies on the importance of understanding about our Sugar intake.



EACH DAY YOUR CHILD CAN ENJOY THE FOLLOWING:

- A choice of main meals, including a vegetarian option
- A choice of seasonal vegetables
- A dessert, piece of fruit or organic yoghurt
- Freshly baked homemade bread
- A Salad Bar consisting of at least 6 homemade salads changing daily



We hold a no meat day every Monday!

TREAT YOUR CHILD TO A DELICIOUS AND NUTRITIOUS LUNCH WITH THEIR FRIENDS EVERYDAY

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SCHOOL LUNCH VS PACKED LUNCH

There are many benefits in having a school lunch rather than a packed lunch...

Health

Our school lunches meet and often exceed School Food Standards which ensure that children are provided with the balance of nutrients needed to support optimal growth and learning. Our service includes plenty of fruit and vegetables, unrefined starchy foods, milk and dairy, and sources of protein. Packed Lunches contain higher amounts of saturated fat, added sugars and salt and lower amounts of vitamins and minerals than recommended. Our Nutritionist compared two typical packed lunches to a Radish school lunch and found the following.

- A shop bought sandwich, drinks pouch and packet of crisps has very high fat content and over three times the recommended salt.
- A homemade cheese sandwich, banana, yogurt coated fruit and drinks pouch has almost the maximum saturated fat and five times the sugar than a school lunch and over two and a half times the recommended salt.

Variety

School dinners offer your child a variety of different foods, which may encourage them to try new things, especially if their friends are happily eating it!

Convenience

They spare you the time and stress of having to prepare a packed lunch every day.

Social skills

School lunches provide the opportunity for pupils to sit down and enjoy their meal whilst developing social skills that will be very important later in life.

WE CATER FOR SPECIAL DIETARY REQUIREMENTS

If your child has a specific dietary need, for a medical reason, we would be very happy to provide for them.

The school will send a dietary safeguarding form at the beginning of the new school year. We ask that you fill this in, attach a letter of confirmation from a medical professional, i.e. a GP or dietician, and return it to the school office – then we'll do the rest.

If you want more reassurance regarding your child's lunch our Nutritionist Sarah is able to come to school and meet with you personally.



We do not permit the use of any nuts or peanuts, and our schools are not able to purchase nuts or peanuts of any kind from our suppliers.

If you would like more information on any of the items within this flyer, or you have questions regarding any other school food matter, please do get in touch by emailing us at:

catering.admin@radishallgood.com

Once you have tried our service, let us know what you think! Drop us an email on the above to tell us about your dining experience. We're always happy to hear feedback on our service.

Thank for your time! We look forward to welcoming you and your child(ren) to our lunchtime experience.

Did you know that all Reception, Year 1 and Year 2 children are entitled to free school lunches?

You could save over £400 per year, by not producing a packed lunch.

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