

Altrincham Grammar School for Boys

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Healthy Eating

Here at AGSB, health, nutrition and well-being are of high importance. We are committed to providing healthier food and drinks for all individuals. We follow our own 10 commandments to healthier eating.

- 1: Reduced levels of salt.
- 2: Reduced levels of sugar.
- 3: Low fat spreads
- 4: Light Mayonnaise in salads & sandwiches
- 5: Reduced levels of saturated fats
- 6: Fry chips once a week using rapeseed oil in our fryers
- 7: Fresh Seasonal Vegetables on our Menus
- 8: Healthier cooking methods eg: steamed, baked & stir fry
- 9: Whole Fresh fruit & Fruit pots available daily
- 10: Fresh milk available daily

Available Daily we have freshly prepared sandwiches, fruit pots, fruit juices, smoothies & salad pots & low sugar drinks options.



Fresh Food From Scratch

The health and wellbeing of pupils is of paramount importance to us and we understand that good nutrition is vital in helping them to achieve their best both in and outside of school.

We source our food responsibly and ethically and are proud to have long standing relationships with our suppliers. All of our food is made fresh from scratch, every day.

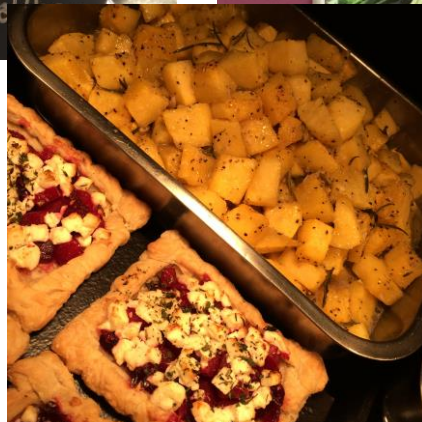
We strive to provide fresh, nutritious seasonal food and we use the best of British seasonal fruit and vegetables where possible.

We help our pupils, adopt a healthier diet by using only lean cuts of meat, trimming all excess fat before cooking and only using rapeseed oil for cooking and olive oil for dressings. To reduce levels of salt in our meals we use herbs as an alternative to salt.



Brilliant Basics and Food Heroes

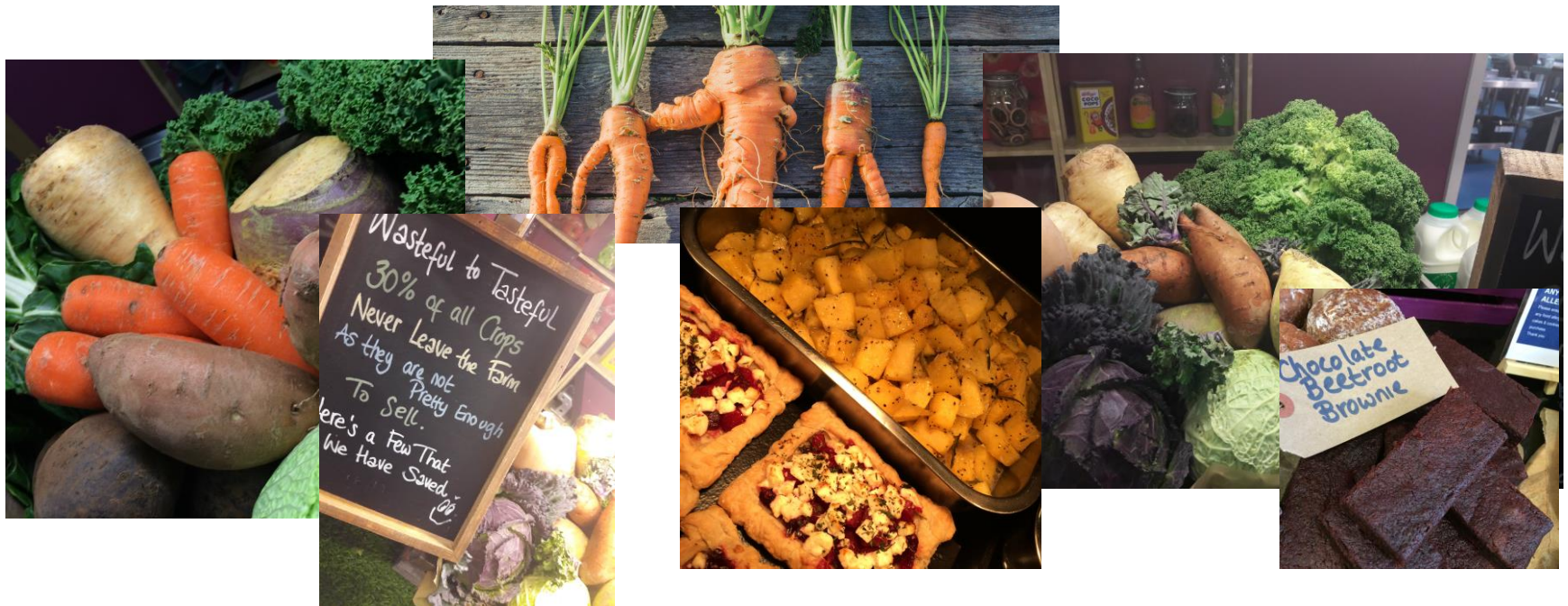
Brilliant Basics is a continuation and development of Fresh Food From Scratch. Each month we highlight seasonal foods and use these within our menus and displays to raise interest and educate pupils on the benefits of eating seasonal fruit & vegetables. Alongside the Wonky Veg and Eat them To Defeat Them Campaign, we try to encourage pupils to try these foods.



Wasteful to Tasty

Wonky Veg and Fruit Box

It may look weird and kind of ugly, but it still tastes delicious. A shocking 20-40% of produce in the UK is wasted before it even leaves the farm, which means a lot of unnecessary waste for the planet and a raw deal for producers. Each week we have a delivery of wonky vegetables which we use in our main dishes and sides and also utilising the Eat Them to Defeat Them Campaign recently seen in adverts in magazines and on the TV.



Food Sustainability



Certification Mark



TRACEABLE, SAFE
&
FARMED WITH CARE

British



Lion Eggs



Meat and poultry can be traced back to British farms. We use only Red Tractor certified fresh British beef, pork, lamb and poultry. Our fresh British bacon is made from pork reared on UK farms. The chefs only use fish from sustainable sources and are encouraged to use Omega3-rich fish as often as possible.

We take pride in sourcing the best ingredients to make the best food. It's simple, we only use:

100% Red Tractor fresh milk and cream

Fresh British fruit and vegetables wherever possible

RSPCA Freedom Food accredited pork and British Lion marked eggs

MSC certified fish and seafood

Fairtrade, Rainforest Alliance and organic coffee (in our 6th Form Coffee Shop)

Sample Lunchtime Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Panfried Chicken Breast with Creamed Leeks & Bacon	Chicken Fajitas with Salsa (H)	Steak & Onion Pie with a Suet Crust (H)	Chicken Korma with Rice (H)	Battered Pollack Fillet
Main Meal	Moroccan Spiced Lamb with Crunchy Salad & Pitta (H)	Spaghetti Bolognese (H)	Hot Chicken Caesar Salad (H)	Reggae Reggae Pulled Pork Wrap with Slaw (H)	Chicken Chop Suey (H)
Vegetarian Meal	Broccoli & Cheese Pasta Bake (V)	Fresh made Cheese & Onion Pasty (V)	Fried Halloumi with Salsa on Ciabatta (V)	Feta, Tomato & Garlic Filo Parcel (V)	Roast Pepper & Onion Quiche with Side Salad (V)
Hot Hand Held Snack	Pizza Slice	BBQ Chicken Wings	Baked Potato Bar	Pork Burger with BBQ Sauce	Beef Keema Burrito
Pasta Bar	Choice of Two Freshly Made Pasta Sauces	Choice of Two Freshly Made Pasta Sauces	Choice of Two Freshly Made Pasta Sauces	Choice of Two Freshly Made Pasta Sauces	Choice of Two Freshly Made Pasta Sauces
Desserts	Hot Dessert of the Day	Hot Dessert of the Day	Hot Dessert of the Day	Hot Dessert of the Day	Hot Dessert of the Day

If you have a food allergy or intolerance please ask our staff for further information

Daily Choices

In addition to our Lunch & Morning Break menu we also have the following

- Everyday we have available a wide selection of freshly prepared sandwiches, wraps & baguettes.
- Fresh whole fruit
- Prepared pots of melon, pineapple & grapes
- Pots of fresh fruit salad
- Pasta Pots / Cous Cous Pots
- Salad Boxes ie: Ceasar Chicken or Tuna
- Jelly Pots
- Freshly made dessert pots
- A wide selection of low sugar & sugar free drinks
- Bottles of water readily available and free water from the water fountains in Stamford Hall
- Fresh baked cakes & cookies



Photos



Theme Days

- Our Theme Days and promotions are always hugely popular. We have Chinese New Year, Halloween, British Food Fortnight, Nutrition & Hydration Week to name but a few. Our most popular special days are from our new concept, Street Food Evolution to include Smokin Bonez, Dabbawalla and Cabana Mexicana which we hold once per term as a minimum.



Feedback

We welcome your comments and feedback

- Signed
 - Dated
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