

# WELCOME FROM RADISH YOUR SCHOOL CATERER



**Radish is a unique boutique catering provider whose expert knowledge is within primary schools. We are challenging the school catering world by bringing excitement to our menus and real passion through our fun-loving people, we love what we do and it shows.**

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, to the carefully chosen partnerships we have giving back to the community. Our aim is simple... to encourage children to discover diverse and delicious healthy food, whilst actively supporting Brindishe Lee Primary School in educating the benefits of a healthier diet. In doing so we hope to change children's perception of food. We are very excited to welcome your child to the school and hope they enjoy dining with us every day.

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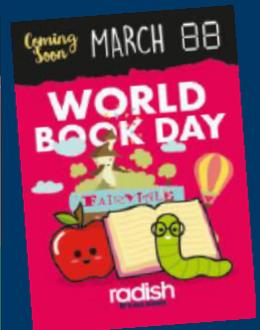
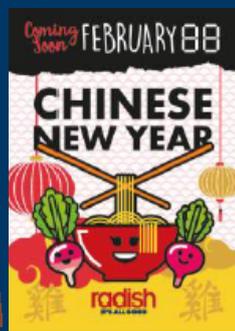
Look out for our theme and activity days, interactive assemblies and many more added value events and initiatives throughout the year .



## INTRODUCING HERBY

**It's true, Healthy Eating Really Benefits You!**

That is why we 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.



[www.radishallgood.com](http://www.radishallgood.com)



# WHAT YOUR CHILD CAN EXPECT

At Radish 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 Brindishe Lee Primary 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 85% 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

## THE SUGAR SHERIFF!

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

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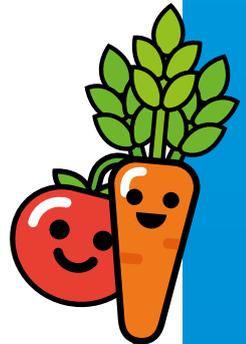
We hold a no meat day every Monday across all of our schools.



**TREAT YOUR CHILD TO A DELICIOUS AND NUTRITIOUS LUNCH WITH THEIR FRIENDS EVERY DAY!**

## 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



## FOOD FOR LIFE



Food for Life Silver Standard is served at your school. This means over 80% of food is freshly prepared each day using sustainably sourced ingredients. It also means our menus are regularly audited to ensure we are meeting all food school standards.

## KEEPING EVERYONE SAFE

We know these are the strangest of times. It is unsettling for many and hard to really know what is going to happen. However, rest assured that we are continuing in the manner of "Keep calm, adapt to what is happening, and carry on being there for our schools".

We can assure you that all of our staff are wearing masks and food is prepared and served in a COVID safe environment, strictly following Government guidelines.



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

### Health

Radish 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.

A dietary safeguarding form is attached to this flyer. 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.



Radish 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](mailto: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.**

# Special Diet Referral Form v2

RAD-F-67



Please hand your completed forms to the School Chef Manager  
 PLEASE COMPLETE IN BLOCK CAPITALS

Pupil Name: \_\_\_\_\_ School Name: \_\_\_\_\_

School Year: \_\_\_\_\_

Allergy, Intolerance and/or Medical Condition: (please tick one or more boxes)

<input type="checkbox"/> Eggs	<input type="checkbox"/> Cereals containing gluten
<input type="checkbox"/> Dairy	<input type="checkbox"/> Mustard
<input type="checkbox"/> Fish	<input type="checkbox"/> Shellfish
<input type="checkbox"/> Sesame	<input type="checkbox"/> Molluscs , e.g. clams, mussels, whelks, oysters and squid
<input type="checkbox"/> Soya	<input type="checkbox"/> Sulphur dioxide, which is a preservative found in some dried fruit
<input type="checkbox"/> Celery & Celeriac	<input type="checkbox"/> Nuts
<input type="checkbox"/> Lupin	<input type="checkbox"/> Peanuts
<input type="checkbox"/> Coeliac Disease	<input type="checkbox"/> Diabetes

**Other (please give details below)**

*A pupil 'like' or 'dislike' must not be included on this document.*

Contact Details Parent/Guardian:  Address:  Postcode:  Phone Number:
Contact Details of Medical Professional: Name: Address: Postcode: Phone Number:
<input type="radio"/> GP referral letter attached to this document? (This should be attached)
Signature of Parent/Guardian:  Date:

