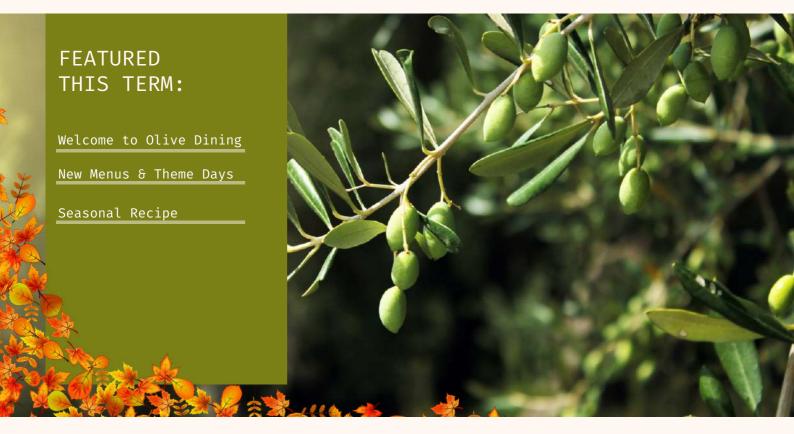
## WELCOME

## SECONDARY PARENT NEWSLETTER



#### Welcome from all of us at Olive Dining

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. All our food is prepared in the school kitchen from scratch and the staff are trained in creating the menus that we provide. Our focus is on nutrition, creating innovative menus that students will enjoy. Your input and feedback on the service we provide is important to us, and we very much look forward to meeting you.

Stephanie Spratt, CEO



## AUTUMN TERM

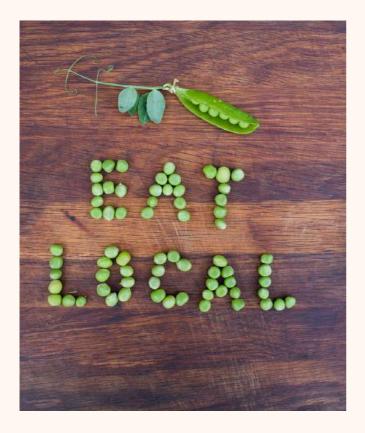
## SECONDARY PARENT NEWSLETTER

We hope everyone had a wonderful Summer holiday and that you are ready for the start of the new academic year - we certainly are!

You have brand new menus, exciting theme days and seasonal recipes which you will receive each month!

We have a fantastic choice of menus which are run in 3-weekly cycles. Each of our menus have been especially created with your school in mind and offer exciting and varied hot dishes, packed full of flavour and nutrition.





We love to hear feedback on the service we provide so please do get in touch by sending any questions or comments to:

enquiries@olivedining.co.uk or call our head office on: 01959 564 700

We are also on Instagram and Twitter so do follow the online Olive Dining family where you can stay updated with all our latest news and activities!



# AUTUMN TERM

## SECONDARY PARENT NEWSLETTER

### SAMPLE MENUS



Our menus run in 3-weekly cycles, offering a large variety of different dishes and flavours, which suit everyone's tastes.

### THEME DAYS COMING UP...

We host special themed events and days once a month, which sometimes co-incide with key dates in the year. They are a fun way to add some

extra excitement around the menus for our students.



# AUTUMN TERM

## SECONDARY PARENT NEWSLETTER



#### **SEASONAL RECIPE**

#### INGREDIENTS

- 1 BUTTERNUT SQUASH, ABOUT 1KG, PEELED AND DESEEDED
- 2 TBSP OLIVE OIL
- 1 TBSP BUTTER
- 2 ONIONS, DICED
- 1 GARLIC CLOVE, THINLY SLICED
- 2 MILD RED CHILLIES, DESEEDED AND FINELY CHOPPED
- 850ML HOT VEGETABLE STOCK
- 4 TBSP CRÈME FRAÎCHE, PLUS MORE TO SERVE

#### METHOD

- Heat the oven to 200C/180C fan/gas 6.
- Cut the squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with 1 tbsp of the olive oil.
- Roast for 30 mins, turning once during cooking, until golden and soft.
- While the butternut squash cooks, melt the butter with the remaining 1 tbsp olive oil in a large saucepan, then add the onions, garlic clove and three-quarters of the chillies.
- Cover and cook on a very low heat for 15-20 mins until the onions are completely soft.
- Tip the butternut squash into the pan, add the stock and crème fraîche, then whizz with a stick blender until smooth. For a really silky soup, put the soup into a liquidiser and blitz it in batches.
- Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with swirls of crème fraîche and a scattering of the remaining chopped chilli.