



A message from the Principal

Dear Parent/Guardian

We all know the importance of providing children with a healthy balanced diet. It is with this in mind that we have produced this special edition of Hotline to remind you of the variety and value provided by our meals service, at school. Please encourage your child to try the meals service, if they haven't already done so. We find that a hot meal in the middle of the day is especially appreciated by our pupils, during the winter months.

If you pay online, using PARENTPAY (please see our website for details – www.healing-school.co.uk) you will not only have the convenience of crediting your child's account, at any time, but you can also view their lunchtime purchases! Thank you for your support.

Mrs Addison – Principal.

Special Catering Edition

Christmas Lunch

The staff at Healing School would like the pupils to join them for Christmas lunch on Wednesday 18th December. Your child will enjoy a full Christmas lunch menu (vegetarian option also available), for the reasonable price of **only £2.10!**

We are very grateful to our hard working catering team who ensure we serve our children the best.

Here at Healing School, we strive to offer pupils a range of healthy meals that are also exceptional value for money. Over the colder months, your child could be enjoying the benefits of a hot nutritious lunch.

Take a look at our sample menu below. We are sure you will be impressed!

MENU

Moroccan beef with chickpeas and couscous.

Chicken fajitas with salsa dressing.

Cheese and leek pie with broccoli floretes and carrot batons.

Tuscan bean and butternut risotto.

Baked aubergine and chickpea dhansak with pilau rice.

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Lemon syllabub with apricot biscotti.

Wild berry fool with shortbread fingers.

Apple and cinnamon strudel with vanilla custard.

**2 Course Meal Deal
£2.10**

CHRISTMAS MENU

Roast Norfolk turkey, sausage wrapped in bacon, sage and onion stuffing, garden peas, carrot batons, brussel sprouts, honey roast parsnips, crispy roast potatoes, creamy mashed potatoes.

Quorn and roasted vegetable Wellington

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Traditional Christmas pudding served with vanilla custard.

Chocolate fudge Wellington

Homemade ice-cream with chocolate sauce.

ONLY £2.10

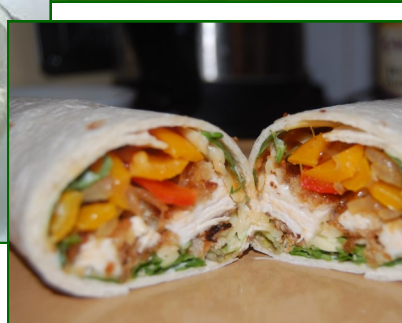
Left: Moroccan beef with chickpeas and couscous.

Below left: Chicken fajitas.

Below: Apple and cinnamon strudel.



Above: Lemon syllabub.
Left: Tuscan bean and butternut risotto



Eating Healthily

Persuading your child to eat a healthy, balanced diet can be challenging. If your child has a packed lunch, it is sometimes easier to succumb to their demands rather than ensuring their mid-day meal is providing them with the best nutrition. We have come up with some ideas below that may give you some healthy choices inspiration.



Buy a quick and easy muffin mix and add grated carrot or berries to make a batch of home baked healthier muffins.



Put a portion of frozen fruit in a sealable tub and cover with fat free yoghurt. Perfect for eating by lunch time.



Instead of a daily packet of crisps, introduce some spicy falafels into your child's lunch box. Very nutritious and great for dipping.



Hummous comes in a variety of flavours and can be bought in individual portion sized tubs. Perfect for pack up when accompanied by sliced vegetables and bread sticks.



Many supermarkets are now stocking 'crustless' quiches and flans. This helps to reduce fat consumed. Alternatively, make a tapas style frittata. Substantial and filling and crammed with your child's favourite vegetables.

Fruity Banana Bran Loaf

This fruity cake is so easy to make and doesn't use any added fat at all and it's high in fruit and fibre, making it a healthier choice.

Ingredients:

100g low sugar bran flakes
250ml semi-skimmed milk
75g ready-to-eat apricots chopped
50g sultanas
40g light muscovado or soft brown sugar
150g self-raising flour
2 eggs beaten
1 banana mashed



1. Put the bran flakes into a mixing bowl and add the milk, apricots and sultanas. Stir well. Cover and leave to soak in a cool place for 1 hour, stirring from time to time.
2. Preheat the oven to 180°C, fan oven 160°C, gas mark 4. Line a 900g (2lb) loaf tin with greaseproof paper.
3. Add the sugar, flour, beaten eggs and mashed banana to the soaked mixture and stir thoroughly. Spoon this mixture into the prepared tin.
4. Transfer to the middle shelf of the oven and bake for 50-55 minutes. Cool in the tin for 10 minutes, then turn out to cool on a wire rack.



Meet our Catering Manager

General Catering Manager -

Sarah Hartshorn, has been head of the catering team at Healing School for 4 years. We put some questions to her to learn more about her role...

Q: What does your job involve? I run the catering services at Healing School, with the help of Catering Manager Sue Hickson and our wonderful team. My day involves planning menus, ordering, producing meals, providing high class buffets and hospitality. We produce everything from fresh. I am also responsible for staff training, safety checks, production and maintenance checks, stock taking and receiving deliveries. My job is very varied and fast paced.

Q: What do you enjoy most about your job?

I enjoy the buzz of making sure that pupils and staff get an enjoyable and nutritionally balanced meal, so they are fuelled up and ready to go for the rest of the day.

Q: Do you think the image of school meals has changed? I hope so. There has been a lot of hard work by our company, Chartwells, to provide fresh, nutritionally balanced meals to every child who wants one. We offer a variety of dishes from around the world to broaden taste experiences, such as, Thai green curry, Mexican enchiladas, risottos and stir fry.

Q: Why is salt not allowed in the school canteen? We have 14 key guidelines to follow from the government to promote a healthy nutritional diet. These guidelines include reducing salt, saturated fats and refined sugar.

Q: What is your favourite meal from the menu? Roast dinner. It is comforting and traditional. I am also looking forward to the launch of our new Chinese dishes in the new year.

Q: What is the busiest day of the week? Undoubtedly Friday. It's fish and chip day and a firm favourite with all our pupils.

