

# Healthy eating team

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Hi, my name is Rob Owen I am currently Head of Catering Operations at the Academy, I have been involved in catering for over twenty years. The aim of this page is to offer ideas, advice and information on how you and your family can enjoy nutritious, healthy & balanced meals.

**Whole School Food Policy:** [Link once Complete](#)

**Nutritionally Analysed Menus:** As of September 2009 Food served in the Academy as been independently analysed ensuring compliance with the 14 nutrient based standards set by the School Food Trust. Pupils need the right balance of food and nutrients to develop and grow. For many pupils, school lunch is the main meal of the day. It is important that school lunches contain sufficient energy and micronutrients to promote good nutritional health in all pupils and to protect those who are nutritionally vulnerable. This group includes those who are at risk of micronutrient deficiencies, those who are underweight and those who are overweight. The nutrient-based standards for school lunches aim to make the food offered healthier by:

- increasing the vitamin and mineral content
- decreasing the fat, saturated fat, non-milk extrinsic (NME) sugars and sodium (salt) content.

After the nutritional analysis our menu cycle now includes favourites such as  
Homemade Soups and Fresh Bread

Chicken Dansak  
Chicken & Spinach Curry  
Spaghetti Bolognaise  
Chilli Con Carne  
Baked Potato Bar  
Self Service Salad Bar  
Fish in Breadcrumbs  
Vegetable Lasagne  
Beef Lasagne  
Cottage Pie

**Packed Lunch Policy:** [Link once complete](#)

**Packed Lunches:** As well as providing nutritiously analysed menus for the students it is also important that those students who bring their own lunch bring in a healthy lunch as well. Examples of varied packed lunches can be found here;



**Free School Meals:** Did you know that your child could qualify for free school Meals that means

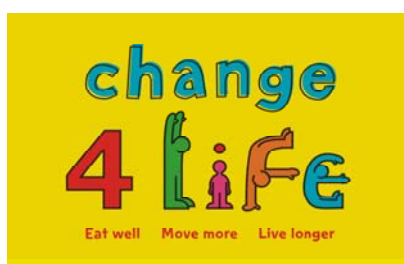
appetite for learning and help them to achieve their full potential. There is nothing healthier for your child and your family's budget than free school meals. As someone else is preparing the meals for your child, it saves you having to worry about the effort and expense of making packed lunches every day.

Click on the link to see if your child is entitled to free school meals



### Useful Links:

Click on the links below for advice on diet, exercise, food safety and a whole lot more.



See the latest campaign from the NHS



Great Advice from the Food Standards Agency



Keep up to date with all the latest news and views on School Dinners

### Recipe of the Week

#### Ingredients

- 1 tbsp olive oil
- 200g/7oz lean steak mince
- 1 onion, finely chopped
- 4 large mushrooms, sliced
- 1 carrot, grated
- 1 400g/14oz tin tomatoes, chopped
- 230ml/8fl oz vegetable stock
- 2 tbsp tomato purée
- ½ tsp Worcestershire sauce
- 1 tsp freshly ground black pepper
- 300g/10½oz wholemeal spaghetti
- 2 tbsp chopped fresh parsley

#### Method

1. Heat the olive oil in a large saucepan over a medium heat. Add the mince and the onion and fry for five minutes, stirring occasionally, until the mince is browned and the onions softened.
2. Add mushrooms and carrot, cook for around one minute, then add tinned tomatoes, vegetable stock, tomato purée, Worcestershire sauce and freshly ground black pepper. Stir well and bring to the boil, then reduce the heat to simmer for 15-20 minutes, until the sauce has thickened.
3. Place the wholemeal spaghetti in a deep saucepan full of salted boiling water and cook according to packet instructions, then drain.
4. To serve, divide the cooked spaghetti between four dishes, spoon equal portions of Bolognese sauce over each and sprinkle with parsley.



