

EDITION Autumn Term 24/25

From your school's caterer

Taylor Shaw

## New Autumn Menus

Enjoy, fresh seasonal ingredients with our new menu options.



**Half Term Activities**  
Eco-friendly ideas  
to be creative



**Allergens**  
The Natasha Allergy  
Foundations



**Free School Meals**  
Find out if your  
child is eligible



# BALANCED TRAY

More than just lunch



### Our Net Zero Strategy and CSR Highlights

**W**e're committed to reducing our carbon footprint in line with the ambitious goals set by the Paris Agreement. Our robust plan ensures we're on track to achieve Net Zero by 2050.

#### Key Initiatives:

##### Science-Based Targets:

We're aligning our Net Zero Target with the Science Based Targets Initiative to ensure our goals are aligned with global climate science.

**Proactive Measures:** We're taking concrete steps and initiating projects to reduce our carbon emissions.

##### Progress and Achievements:

We're proud to share some of the accomplishments we've achieved because of our sustainability initiatives.

**Collective Impact:** Our commitments **and** actions contribute to reducing the carbon footprint of our clients and customers. Together, we're working towards a more sustainable future.

For more information on our Net Zero strategy and CSR initiatives, please visit <https://www.elior.co.uk/social-responsibility/corporate-social-responsibility>

## Autumn Delights Await!

### Seasonal Menu

As the leaves change and the days grow shorter, we're excited to introduce our new autumn and winter menu at Taylor Shaw. Featuring fresh, seasonal ingredients, our latest menu offers a variety of delicious and nutritious options to fuel your child's day.

### Enjoy the flavours of the season!

#### What's New?

- **More Pasta Options:** Enjoy a wider selection of delicious pasta dishes.
- **Returning Favourites:** We've brought back popular classics like lasagne and weekly roast dinners.
- **Exciting Desserts:** Indulge in new treats like chocolate crunch, brownie, and the ever-popular lemon or blueberry cupcake.

Remember to look out for our theme days: featuring foods from around the world and special occasions like Christmas and religious festivals.

Rest assured, even with these menu changes, all of our meals continue to meet the highest school food standards. We prioritise providing your children with balanced and wholesome meals that support their growth and development.

To view your child's menu choices please visit the school website.

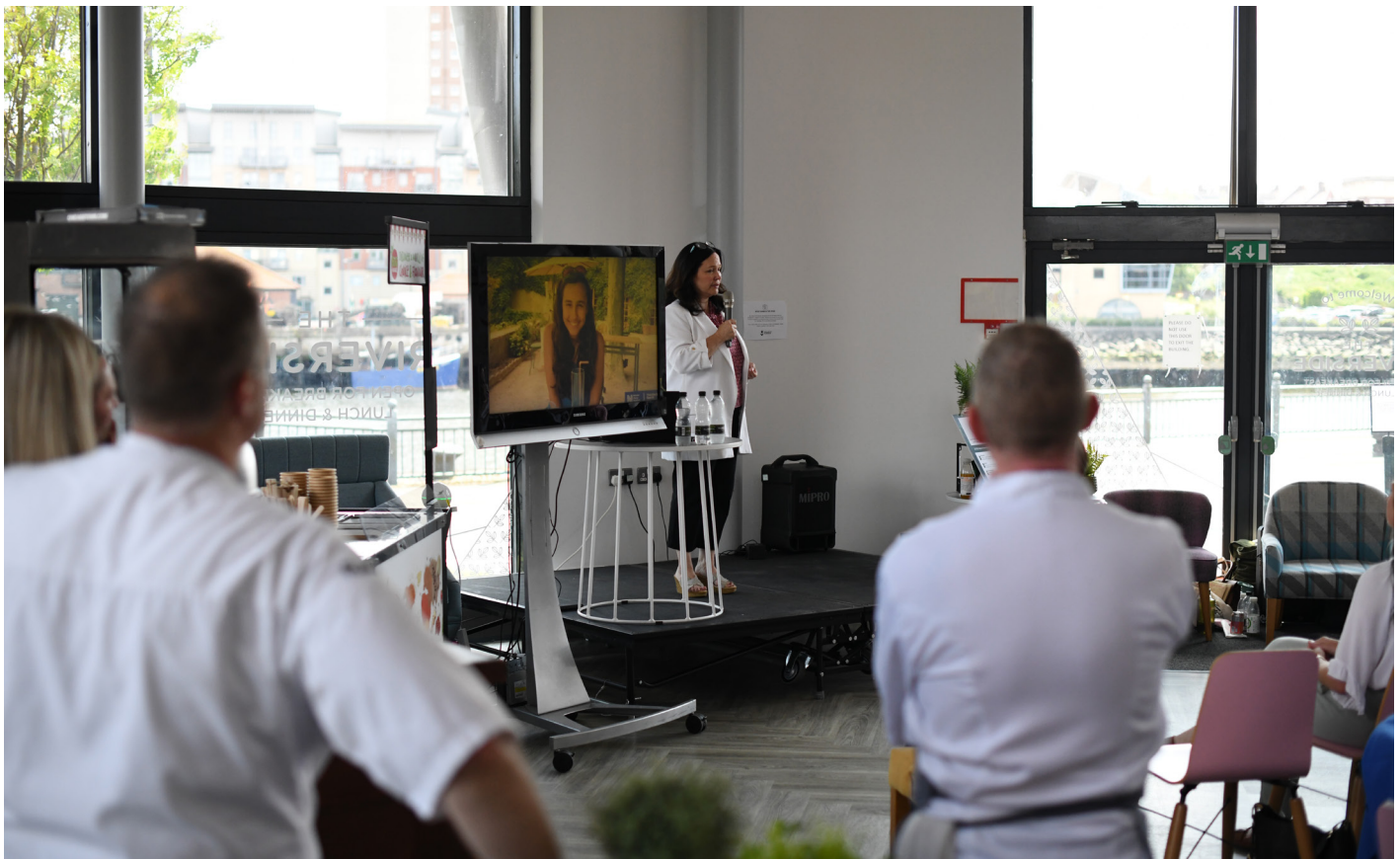
## Free School Meals

**D**id you know that on average, 30% of children who are eligible for Free School Meals don't take them? Losing up to the equivalent of £490 a year! To check if your child's eligibility please visit <https://www.gov.uk/apply-free-school-meals>.

If your child has specific dietary needs, we can accommodate them. To discuss your child's individual requirements, please schedule an appointment with your school. We look forward to welcoming your child and ensuring they receive a nutritious meal every school day.







## Supporting the Natasha Allergy Research Foundation

We're proud to support the Natasha Allergy Research Foundation, the UK's leading food allergy charity. Together, we're working towards making allergy history. The Natasha Allergy Research Foundation is funding a pioneering clinical trial that may allow children and young people with food allergies to live without the fear of a potentially fatal reaction. Our donations fund an oral immunotherapy trial, training children's bodies to tolerate tiny quantities of the very foods that cause them severe allergies.

### Allergy & Wellness Forum 2024

We recently hosted a successful Allergy & Wellness Forum. This event provided a valuable platform to discuss the importance of allergy awareness, especially for young people. Our team of dietitians were joined by renowned experts from the Natasha Allergy Research Foundation and Food Alert Ltd. They shared insights into their work and research on allergy awareness and support.

### Commitment to Safety

We believe it's essential for our teams to understand allergies and implement measures to create a safer environment for everyone.



## Supporting Neurodiversity

If your child is neurodiverse – perhaps they have autism or struggle with hypersensitivity in some form – then we know that convincing them to try new foods, particularly veg, can present challenges. Trying new veg can feel like a challenge for any parent. For hints and tips on increasing the diversity of your child's diet visit <https://simplyveg.org.uk/supporting-neurodiversity/>



# SIMPLY VEG

# Half Term Activities

**H**edgehogs typically hibernate from late December until late March time, so why not build a safe habitat for our prickly garden friends? With help from an adult, an old wooden box, and some dry leaves or straw, you'll be able to create a cosy shelter from cold weather and hungry predators. BBC Gardener's World has a [step-by-step guide](#) to help.



**Pumpkin Carving,** Halloween is just around the corner, why not create a

display. Once you've carved your pumpkin remember, you can wash the seeds and roast in a tray with any of the shaped pieces that have been removed. The seeds and off cuts will turn into a tasty treat. After Halloween why not turn your pumpkin into a bird feeder; simply remove the lid, place some seeds in the centre and hang from a tree.

# Buttermilk Pancakes

## with a Fruit Compote

### Butter Ingredients

A small pot of double cream (or whipping)

### Method

- 1 - Pour the cream into a clean jar.
- 2 - Ensure the jar is sealed.
- 3 - Shake the jar (continuously until it starts to separate).
- 4 - Shake for another 5 minutes.
- 5 - Drain the butter keeping the liquid (this is part of your buttermilk).
- 6 - Mold the butter into your desired shape and refrigerate until needed.

### Buttermilk Ingredients

200ml Room temperature milk (reduce the amount if you made your own butter and buttermilk)

1 Tablespoon lemon juice or vinegar

### Method

- 1 - Ensure the milk is room temperature.
- 2 - Mix in the lemon juice.
- 3 - leave to stand until it has thickened slightly (don't worry if it splits it will still taste great in pancakes).

### Fruit Compote Ingredients

280g Fruit (frozen berries work perfectly and are more cost effective)

80g Sugar

100ml Water

10g Cornflour

1 Dessert spoon of water

### Method

- 1 - Place the fruit, sugar and 100ml

water in a pan and bring to the boil.

2 - Reduce the heat and simmer for 10 minutes.

3 - Mix the cornflour with the dessert spoon of water until smooth.

3 - Add the cornflour mix and stir.

4 - Remove from the heat and cool.



### Buttermilk Pancakes Ingredients

350g Self-raising flour

1 Teaspoon of baking powder or bicarbonate of soda

1/2 Teaspoon salt

2 Tablespoons sugar

200ml Buttermilk

400ml Milk

2 Eggs

85g Butter or spread

Your homemade butter

### Method

1 - In a bowl, sift together the flour, bicarbonate of soda, salt and sugar.

2 - In a separate bowl, mix together the buttermilk, milk, eggs and 85g butter.

3 - Combine the two bowls (do not overbeat - stir just to combine).

4 - Melt a knob of your homemade butter in a large frying pan.

5 - Pour some batter into the pan to make a pancake. (depending on the size of the pan, you may be able to make more than one pancake at a time).

6 - Cook the pancakes for about a minute or until golden brown and the top is bubbling.

7 - Turn the pancake and cook for another minute.

8 - Repeat process until you have used all your batter (it should make approx 6 pancakes).

9 - Serve your pancakes with the compote or any homemade butter you have remaining.

