

This Summer WATCH THEM GROW!

Rewarding
summer activities;
Growing food from
kitchen scraps

Dietitian's Corner
Diet & Dental
health



Chef's Corner
Introducing Rebecca &
her favourite recipes



Competition Time
Grow your way to
a prize!



BALANCED TRAY

More than just lunch

Our Menus

NOURISHING MINDS & BODIES:

A look at our school menus!

At Taylor Shaw we understand that what children eat plays a crucial role in their ability to learn, grow, and thrive. That's why our school menus are carefully crafted not only with your children's tastes in mind, but also their essential nutritional needs during these vital years of growth and learning.

Our dietetic team and development chefs work diligently to design menus that are both appealing to the children and, more importantly, genuinely healthy.

We believe that mealtime should be an enjoyable part of the school day, providing delicious options that also fuel their energy for lessons, playtime, and all the exciting activities your school offers.

We focus on a balanced approach, incorporating a wide variety of fresh ingredients, lean proteins, whole grains, and plenty of fruits and vegetables into our dishes. We aim to introduce children to diverse flavours and textures, encouraging them to try new foods in a fun and supportive environment.

Here are a few facts about how we achieve this:

Our **PIZZA BASES** are homemade **WITH 50/50 MIX of WHOLEMEAL** improving fibre content & providing A STEADY RELEASE OF ENERGY

2x WEEKLY we offer a dessert that is **50% FRUIT BASED,** & alternatively, there is always fruit or yoghurt

NO  **used in our PALM OIL cooking**

VEGETARIAN & VEGAN v&ve ALTERNATIVES DAILY with a comparable experience in taste, texture, and nutrition

all our SAUCES are homemade **ON SITE EVEN** our vegetable & tomato pizza sauce & **HUMMUS**

Our curry sauce is seasoned with coconut milk & fresh coriander



WE OFFER TWO VEGETABLES & a choice of salad

helping children meet their recommended intake

Our rice dishes have a blend of WHOLEGRAIN & WHITE RICE for better fibre content

Our sausages

contain a minimum

65% 

RED TRACTOR PORK OR CHICKEN MEAT

We are committed to providing nutritious and delicious meals that support your child's health and learning journey. If you ever have any questions about our menus or your child's dietary needs, please contact our catering team.

DIET & DENTAL health

Healthy smiles start with good nutrition!

Good nutrition is just as essential as brushing for your child's oral health.

During the early years, a balanced diet rich in key vitamins and minerals supports strong enamel, healthy gums, and overall dental development.

Eating well also helps prevent tooth decay, one of the most common health concerns among children.

So, here are some top tips for keeping your child's teeth healthy!



Top Tips for Healthy Teeth:

1 Add Calcium-Rich Foods

Calcium helps build strong teeth and protects enamel. Try these foods:

- Milk, cheese, yoghurt
- Leafy greens like spinach
- Fortified plant milks (e.g., soy, oat)
- Fortified tofu

EASY TIP Cheese cubes can be used as an easy snack or blend spinach into smoothies!

2 Boost Vitamin D

Vitamin D supports proper calcium absorption in the body. While sunlight is the best natural source, the NHS recommends taking a daily supplement between September and April when sun exposure is limited. For dosage guidelines and to ensure the supplement is appropriate for children, refer to the NHS website. Food sources include:

- Fortified cereals and dairy
- Egg yolks
- Fatty fish like salmon

3 Limit Constant Snacking

Frequent snacking continuously exposes teeth to acid, which can cause enamel erosion and increase the risk of cavities.

EASY TIP Stick to regular meals and aim for around 1- 2 snack times a day. Pair protein (like yoghurt or cheese) with fruit or veggies for better balance.

4 Cut Down On Sugar

Sugar feeds bacteria that causes tooth decay. Limit these common sources:

- Soft drinks
- Sweets and chocolate
- Sugary cereals
- Flavoured yoghurts
- Fruit juices

? DID YOU KNOW?

Children should have no more than 150ml (one small glass) of fruit juice per day - even if 100% fruit it is still high in sugar.

5 Make Water The Drink Of Choice

Water washes away food bits, helps make saliva, and is overall a no sugar hydration choice!

EASY TIP Send your child to school with a refillable water bottle and encourage water with snacks and meals.

Small Changes Make A Big Difference

Choosing tooth-friendly snacks, cutting back on sugar, and drinking more water can go a long way in keeping your child's smile healthy and bright. And if they do enjoy a treat, try offering it with a meal, as saliva produced during meals helps neutralise harmful acids.

Our Development Chef Nik has over 30 years in the culinary industry, Nik's passion for food and sharing his expertise is truly inspiring!

From our kitchen to yours



In this edition, I'm thrilled to shine a spotlight on Rebecca. This year marks an incredible milestone for her: **10 YEARS** of dedication and growth within our company.



Rebbecca's journey with Taylor Shaw began as a Unit Manager, and through hard work and a passion for food, she has now become an integral part of our Development Team. This progression speaks volumes about her commitment and talent.

Cooking has been a lifelong love for Rebecca, a passion that ignited straight after school. This dedication even took her across the Atlantic, where she spent several years developing her skills in the kitchens of private beach clubs in America – an experience that undoubtedly broadened her culinary horizons.

For Rebecca, cooking isn't just a job; it's a genuine enjoyment. She finds joy in creating delicious meals for others and has a knack for developing innovative new recipes and concepts. This creative spirit is a fantastic asset to our Development Team as we continue to evolve and inspire through our food.

What's your favourite kitchen hack? *Wrap your tub of ice cream in bubble wrap when eating, this will help slow down melting.*

If you could only eat 3 dishes for the rest of your life what they be? *Buffalo Cauliflower Bao Buns, Orzo Greek Salad and old school chocolate crunch (my all-time favourite school dessert).*

What would your luxury item be on 'I'm a celebrity get me out of here'? *My pillow with a picture of my cats and husband on it.*

What would your favourite snack for sport be? *Banana and some dates.*

Who is your favourite celebrity chef? And why? *Tom Kerridge, I love the way he cooks and his ethos but also its fantastic that he has set up a program and created pocket friendly recipes for families to help children living in poverty.*



Do you have a dish you'd love to see featured? Let us know, and we'll happily consider including the recipe and expert advice in a future edition! Send your recipe request to business.support@elior.co.uk

Rebecca's easy to cook dishes for the summer holidays



Potato Bombas serves 6

Ingredients

1kg potatoes
2 eggs
150g Manchego cheese
100g breadcrumbs
Jar of Arrabbiata sauce



Method

- 1 Wash the potatoes and then prick all over with a fork
- 2 Place in a microwave on high for 30 mins or until tender
- 3 Allow to cool
- 4 When they are cool enough to handle halve and scrape the insides into a bowl
- 5 Mash until smooth and season with salt and pepper
- 6 Separate the eggs, placing the whites into a bowl
- 7 Add the yolks to the potatoes and mix until combined
- 8 Cut the Manchego into 1 cm cubes and add into the mash mixture
- 9 Beat the egg whites

- 10 Divide the mash mixture into 12 and roll into balls, flattening these slightly
 - 11 Dip the balls in the beaten egg whites, then coat in breadcrumbs
 - 12 Pour some oil into a pan and put over a medium high heat. Once the pan is hot gently place the potato bombas and cook for 6 mins or until golden turning halfway
 - 13 Heat the arrabbiata sauce in a pan
- To serve; place Arrabbiata sauce on the plate then place two potato cakes on top and garnish with grated cheese*

Chicken & Sweet Potato Traybake serves 6



Ingredients

1.3kg sweet potatoes
9-12 chicken thighs
3 red onions
35g Piri Piri seasoning
450g long stem broccoli
Oil

Method

Heat the oven to 180°C/160°C fan /Gas mark 4

- 1 Peel and cut the sweet potato into large chunks, drizzle with oil and salt and pepper, place into a roasting tin
- 2 Cut the red onion into wedges and place into the roasting tin with the sweet potatoes
- 3 Season the chicken thighs with the Piri Piri seasoning
- 4 Place the chicken thighs in the roasting tin on top of the sweet potato and red onion
- 5 Place in the oven for 40mins, stir halfway through
- 6 Add the broccoli to the tin, drizzle with a little bit more oil then put back into the oven for 10-15 mins

- 7 Remove the chicken, broccoli, and onions from the tin.
- 8 Roughly mash the potatoes with a fork, making sure you mix in all the juices and spices from the tin
- 9 Then place the broccoli, red onion and chicken back on top and serve



Make it more fun and let your child dress up as a chef with a tall hat!

Plum Upside Down Cake serves 6

Ingredients

For the cake batter:

120g plain flour
1 ¼ tsp baking powder
½ tsp ground ginger
150g sugar
60g unsalted butter
2 eggs

For the topping:

40g butter
75g brown sugar
6 plums
½ tsp vanilla essence

Method

For the topping:

Heat the oven to 180°C/160°C fan /Gas mark 4

- 1 Lightly grease a round cake tin and line the base with baking parchment

Make the topping

- 2 Add the butter and sugar into a small saucepan and cook over a medium heat until melted and combined
- 3 Add the vanilla essence and mix
- 4 Pour the caramel mix into the cake tin and spread into an even layer
- 5 Cut the plums into 8 wedges and arrange on top of the caramel mix

For the batter:

- 1 Place all the ingredients into a bowl
- 2 Mix together until you have a smooth batter is smooth
- 3 Pour the batter on top of the plums and level out.
- 4 Bake in the oven for about 45 mins or until skewer comes out clean

Best served with ice cream!



TOP TIP

If the cake begins to look too dark cover with foil after 30 mins

In fact, while your cake is in the oven, why not let your child make ice cream!

Here's a quick and fun recipe...

Equipment

1 large ziplock/resealable bag
1 medium ziplock/resealable bag
Oven mitts

Ingredients

250ml whole milk (or double cream)
25g white sugar
1 tsp vanilla extract
2 tbsp salt
Ice

Method

- 1 Half fill the larger bag with the ice and salt and lightly shake to combine the ingredients
- 2 Pour the milk, sugar and vanilla extract into the medium bag and seal
- 3 Place the medium bag inside the larger bag
- 4 Close both bags and ensure they are sealed
- 5 Shake the bags and ensure that the ice is continuously moving
- 6 After about 10 minutes check your ice cream. If it's not ready simply seal it back up and shake again
- 7 When it's the right consistency remove the medium bag and scoop out the vanilla ice cream

Make it more fun and let your child dress up as a chef with a tall hat!



TOP TIP

Your child can wear oven mitts to stop their hands getting cold

Allergen TIP

Click here for a link to a dairy free/vegan ice cream recipe

CLICK



What's in season?

Did you know that eating what's in season is not only good for the planet, but also for your taste buds and your wallet?

Seasonal fruits and veggies, like juicy berries in summer or crunchy root vegetables in winter, haven't travelled far to get to your plate, meaning fewer food miles and a smaller environmental impact. Plus, they often cost less because they're plentiful, and they taste amazing because they're picked at peak ripeness. Why not check out your local greengrocer or farmer's market to see what delicious seasonal goodies they have on offer? You might discover some exciting new ingredients to experiment with in your kitchen!

DID YOU KNOW...?

Kale



Kale is rich in vitamins A, C, and K, plus iron and calcium, which support the immune system, bone health, and may help reduce tiredness

Strawberries



Strawberries are naturally high in vitamin C, which helps support your immune system, and protects your cells from everyday stress

Tomatoes



Tomatoes provide vitamin C and potassium, supporting the immune system, blood pressure, and muscle function

Spinach



Spinach is packed with iron, magnesium, and vitamins A, C, and K, supporting energy, muscle, and bone health

In season over the summer holidays...

Vegetables

Artichokes
Aubergines
Broad beans
Courgettes
Chard
New potatoes
Onions

Salads & herbs

Spinach
Spring onions
Parsley
Rocket
Watercress

Fruit

Blackcurrants
Blueberries
Cherries
Gooseberries
Peaches
Plums
Raspberries
Redcurrants
Strawberries



ECO-FUN & WALLET-FRIENDLY:

Grow Food from Scraps This Summer!

Looking for a simple, engaging activity to do with your children over the summer holidays that's both fun and good for the planet (and your wallet)? Look no further than your kitchen counter!

Did you know you can easily regrow food from everyday kitchen scraps? It's a fantastic way to teach children about where food comes from, reduce waste, and even save a few pennies on your shopping bill. Kids absolutely love seeing something sprout from what they thought was "nothing"!

One of the easiest and most satisfying examples is spring onions. Simply place the white ends with the roots still attached in a shallow glass of water on a windowsill. Change the water every day or two and watch them regrow fresh green shoots in no time! You can then snip the greens to use in your cooking.

A FEW OTHER FUN ITEMS YOU CAN TRY TO REGROW:



Place the base of a romaine or butter lettuce head in approx ½ inch of water.



Plant a single garlic clove root-end down in a small pot with a bit of soil. You'll get green garlic shoots to use like chives!



Bury a piece of ginger root with an "eye" (a small bump) facing up in some soil.



These take longer, but planting the leafy top of a pineapple can eventually produce a new plant (and even a new pineapple!).

Don't forget your Garden Herbs!

You can also regrow many common herbs:

If you have any leftover herbs, such as basil or mint, simply place a stem (with a few leaves at the top) in a glass of water.

Stand on a sunny windowsill and watch as the stem grows long white roots.

Continue to grow the herbs in water,

or, for bigger and bushier plants full of tasty herbs, plant them into soil once the roots are a couple of inches long!

It's a simple, rewarding experiment highlighting sustainability and healthy eating. Give it a try this summer and enjoy your very own "waste-free" harvest!

Summer Competition Time!



Grow Your Own From Kitchen Scraps This Summer!

Following on from our article about growing food from waste, we're excited to launch a special summer holiday competition!

Here's how to enter

1 Choose your scrap: Check above for some easy ideas!

2 Take photos: Capture your plant's progress! Take a "before" photo and then regular pictures as it grows throughout July and August.

3 Send us your images: After the holidays, simply email your progress photos to UKmarketing@taylorshaw.com during the month of **SEPTEMBER**.

4 Include details: In your email, please remember to include your **CHILD'S NAME** and **AGE**.

The most impressive and creative growing efforts will win some super **GARDENING GOODIES!** It's a wonderful way to learn about nature, reduce waste, and have fun. We can't wait to see what you grow! Happy sprouting!

NB

Any photos sent in may appear on our social media channels please ensure that you let us know if we can't post them.



And the Easter Decorating Competition Winner Is... Phoebe!

In our Easter newsletter edition, we invited all our budding young bakers to get creative with our cake decorating competition. We were absolutely delighted by the fantastic entries we received, making the judging incredibly tough!

However, after much deliberation, we're thrilled to announce that the winner is **Phoebe!**

