

SEPTEMBER 2023

# AUTUMN TERM

## PRIMARY PARENT NEWSLETTER

### FEATURED THIS TERM:

[Welcome](#)

[New Menus & Theme Days](#)

[Seasonal Recipe](#)



### ***Welcome to the Autumn Term***

We hope everyone had a wonderful Summer and that you are ready for the new Academic year and Autumn Term.

We certainly are!

Over the Summer, we have been working hard on brand new menus, exciting theme days and seasonal recipes which you will receive each month!

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](mailto: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

## PRIMARY PARENT NEWSLETTER

### SAMPLE MENU

**[WEEKLY MENU]** *Olive* dining **Week 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish of the Day</b>	Tomato + Basil Pasta (CE, GI)	Beef Burger (G, SO)	Beef Bolognese (G)	Chicken Arriabiatta	Crispy Battered Fish Fillet (F, GI)
<b>Vegetarian Dish of the Day</b>	Butternut Squash + Pepper Pasta (G, CE)	Vegetable Burger (G)	Quorn + Roasted Vegetable Bolognese (E, CE, GI)	Mild Vegetable Chilli (CE)	Vegetable Nuggets (GI)
<b>Vegetable Choice</b>	Sweetcorn + Broccoli Floret Chef Salad	Seasoned Wedges (GI) Carrots + Garden Peas Chef Salad	Medley of Vegetables (GI) Chef Salad	Steamed Rice Green Beans + Carrots Chef Salad	Chipped Potatoes Garden Peas Chef Salad
<b>Dessert of the Day</b>	Citrus Cupcake (E, GI) Fresh Fruit Salad Pot	Fruity Jelly Pot Fresh Fruit Salad Pot	Flanjack (GI) Fresh Fruit Salad Pot	Chocolate Chip Cookie (E, G, MK, SO) Fresh Fruit Salad Pot	Cinnamon Swirl (G, SO) Fresh Fruit Salad Pot
<b>Jacket Potato Bar</b>	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings	Jacket Potato with a Selection of Toppings
<b>Cold Selection</b>	Home Baked Breads (G, SO)	Home Baked Breads (G, SO)	Home Baked Breads (G, SO)	Home Baked Breads (G, SO)	Home Baked Breads (G, SO)

Allergens:  
CE = Celery E = Egg F = Fish G = Gluten MK = Milk MU = Mustard SE = Sesame SO = Soya  
SU = Sulphur Dioxide

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

We host special themed events and days once a month, which coincide with any key dates in the year.

They are a fun way to add extra excitement for our students.

**THEME DAY CALENDAR**

AUTUMN TERM	SPRING TERM	SUMMER TERM
SEPTEMBER <i>Road Dhal Day</i>	JANUARY <i>Science</i>	MAY <i>WORLD BEE DAY</i>
OCTOBER <i>BLACK HISTORY MONTH</i>	FEBRUARY <i>Chinese new year</i>	JUNE <i>Ice Cream Day</i>
NOVEMBER <i>CHILDREN IN NEED</i>	MARCH <i>EASTER</i>	JULY <i>SUMMER OF SPORTS</i>
DECEMBER <i>Festive Lunch</i>	APRIL <i>St George's Day</i>	AUGUST

*Olive* dining **food with passion**

# AUTUMN TERM

## PRIMARY 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.