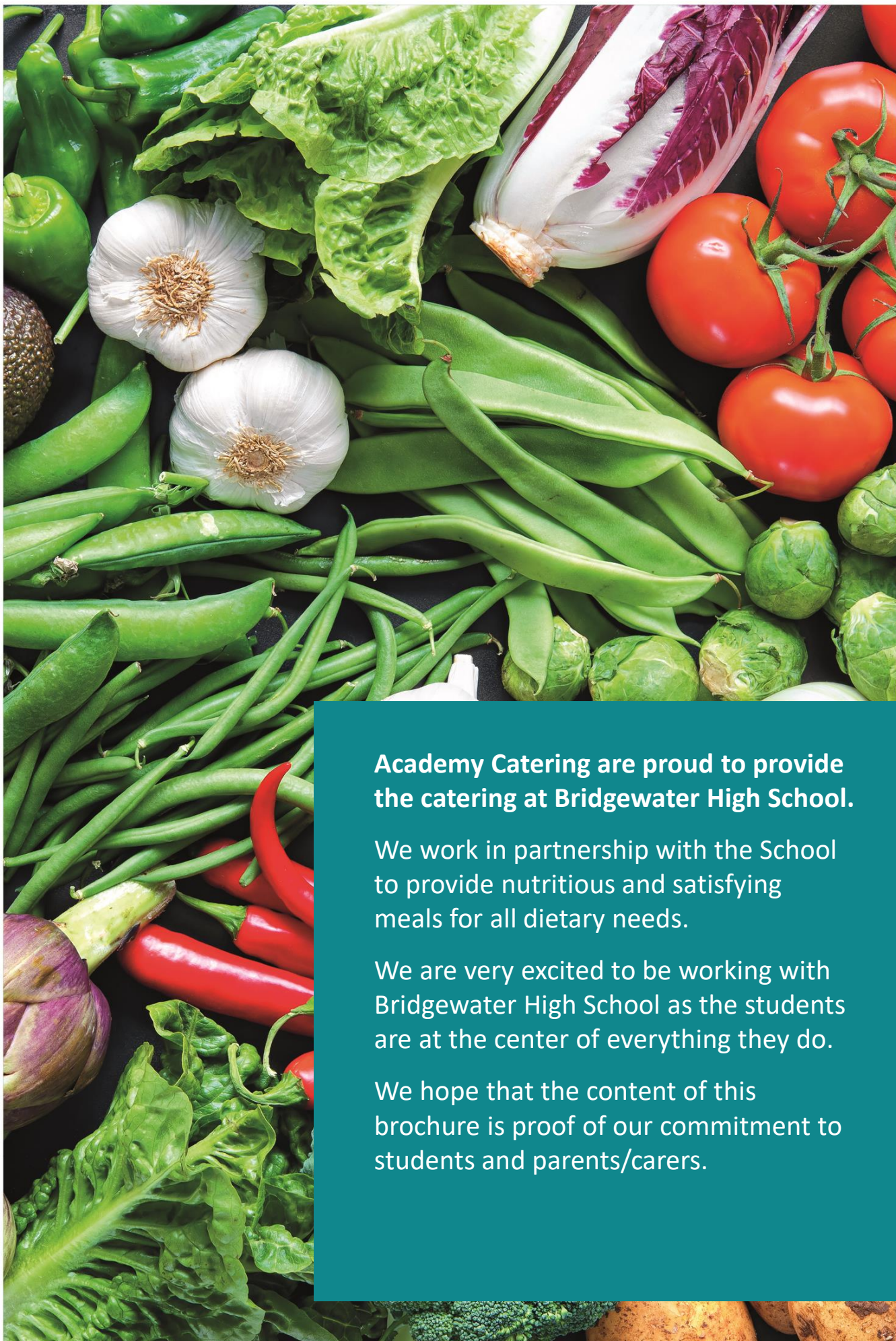


Catering Information for Students and Parents/Carers at Bridgewater High School





Academy Catering are proud to provide the catering at Bridgewater High School.

We work in partnership with the School to provide nutritious and satisfying meals for all dietary needs.

We are very excited to be working with Bridgewater High School as the students are at the center of everything they do.

We hope that the content of this brochure is proof of our commitment to students and parents/carers.



FSM Information

Your child may qualify for free school meals if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Save £456

Per year – apply now



Benefits to having a free meal

- Your child receives a well-balanced meal
- Less money spent at the supermarket
- No more time spent preparing lunches
- Keeps energy levels up and aids learning
- Parents/Carers can monitor what their child is eating each day on-line

Save £456 per year – that's £2.40 per day



Important to know

To redeem:

- No ticket required
- No stigma attached
- Anonymous
- Allowance automatically updated, so no need for you to do anything

If you have any questions, please contact the main school office for further information.

What can I get for my free meal allowance?



Pasta & Sauce Meal Deals

Pasta and Sauce	£1.85
Add a Small Water or Cake	£2.40
Add Both	£2.75



Cluck Shop Meal Deal

Cluck Shop from	£1.85
Add a Small Water or Cake	£2.40
Add Both	£2.75



Main or Veggie Meal Deal

Main or Veggie Meal	£2.00
Add a Small Water or Cake	£2.40
Add Both	£2.90



Pizza Meal Deals

6" Pizza	£1.90
Add a Small Water or Cake	£2.40
Add Both	£2.80



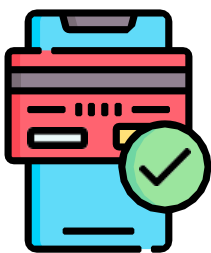
Hand Held Meal Deal

Hand Held from	£1.85
Add a Small Water or Cake	£2.40
Add Both	£2.75



Jacket Potato Meal Deal

Jacket with Cheese	£1.75
Add a Small Water or Cake	£2.30
Add both	£2.65



Online payment system

- On-line payments, pay anywhere in real time via SCOPAY
- Allergen Information displayed when a students name is displayed
- Speeds up service
- No need for cash in school




Any Questions? Speak to our Catering Managers Victoria Reynolds at Upper School & Kerrie Bradley at Lower School

Weekly Menus - Examples

WEEK ONE MENU



	Academy Main	Academy Veggie	Cluck Shop	Carb Up	Academy Everyday
MONDAY -	Tikin Time Bomb Chicken Tikka Masala 	Sweet Potato and Chickpea Korma 	Bang Bang Chicken Bites With Soft Noodles 	50/50 Rice or Bombay Potatoes Poppadum & Chutney	Jacket Plain £1.00 Jacket Beans £1.55 Jacket Cheese £1.75 Jacket Tuna £1.85 with 2 Fillings £2.25  GF if pre-ordered
TUESDAY -	Bando's Chicken Piri Piri Chicken Breast Burger	The Veggie Burger Falafel & Spinach Burger with Cheese 	Lemon and Herb Drumstick with Spicy Rice 	Cajun Jacket Wedges Buttered Corn Homemade Coleslaw	Jacket Plain £1.00 Jacket Beans £1.55 Jacket Cheese £1.75 Jacket Tuna £1.85 with 2 Fillings £2.25  GF if pre-ordered
WEDNESDAY -	Traditional Roast Dinner with Trimmings GF Roast Gravy available GF if pre-ordered	Vegetable Lasagne With Homemade Garlic Slice	Salt & Pepper Popcorn Chicken with Rice 	Roast Potatoes Freshly Steamed Carrots & Green Beans GF	Jacket Plain £1.00 Jacket Beans £1.55 Jacket Cheese £1.75 Jacket Tuna £1.85 with 2 Fillings £2.25  GF if pre-ordered
THURSDAY -	Pasta Bolognaise with Homemade Garlic Slice	Roasted Sweet Potato and Spinach Pasta	Chicken Goujon Wrap with House Salad 	Potato Wedges House Salad	Jacket Plain £1.00 Jacket Beans £1.55 Jacket Cheese £1.75 Jacket Tuna £1.85 with 2 Fillings £2.25  GF if pre-ordered
FRIDAY -	Chip Shop Fridays! A selection of battered fish, vegetarian dishes & chip shop favourites		Chips, Chips, Chips!!!!	Mushy Peas or Baked Beans	Jacket Plain £1.00 Jacket Beans £1.55 Jacket Cheese £1.75 Jacket Tuna £1.85 with 2 Fillings £2.25  GF if pre-ordered

Also Available Daily:

freshly made sandwiches, baguettes and wraps, snack options, desserts and homebakes

GF = Gluten Free Product

SEASONAL
KITCHEN














Food Allergies & Intolerance

If you require information on allergens or suffer from a food intolerance please speak to a team member before you order your food or drinks.

Weekly Menus - Examples

WEEK TWO MENU



	Academy Main	Academy Veggie	Cluck Shop	Carb up	Academy Everyday
MONDAY -	The Last Shred Crispy Chicken Sweet Chilli Veg with Rice 	Balti Pasta Bake 	Chicken Burger with Lettuce & Mayo 	Swap Noodles For Rice House Salad	Jacket Plain £1.00 Jacket Beans £1.55 Jacket Cheese £1.75 Jacket Tuna £1.85 with 2 Fillings £2.25  GF if pre-ordered
TUESDAY -	Homemade Chicken Zinger Burger 	Mac and Cheese topped with Homemade Garlic Slice 	"The Popcorn Chicken 12" 	Herby Diced Potatoes House Salad Homemade Coleslaw	Jacket Plain £1.00 Jacket Beans £1.55 Jacket Cheese £1.75 Jacket Tuna £1.85 with 2 Fillings £2.25  GF if pre-ordered
WEDNESDAY -	Sausage and Mash with or without Onion Gravy	Mixed Pepper Frittata	Beefburger with Fairground Onions and a Choice of Sauce 	Wedges Steamed Carrots Garden Peas	Jacket Plain £1.00 Jacket Beans £1.55 Jacket Cheese £1.75 Jacket Tuna £1.85 with 2 Fillings £2.25  GF if pre-ordered
THURSDAY -	Chilli Con Carne with Rice or Nachos	Spicy Vegan Meatball Pasta 	Meatball Marinara Baguette	Homemade Garlic Slice Wedges House Salad	Jacket Plain £1.00 Jacket Beans £1.55 Jacket Cheese £1.75 Jacket Tuna £1.85 with 2 Fillings £2.25  GF if pre-ordered
FRIDAY -	Fish Shop Fridays! A selection of battered fish, vegetarian dishes & chip shop favourites		Chips, Chips, Chips!!!!	Mushy Peas or Baked Beans	Jacket Plain £1.00 Jacket Beans £1.55 Jacket Cheese £1.75 Jacket Tuna £1.85 with 2 Fillings £2.25  GF if pre-ordered

Also Available Daily:

freshly made sandwiches, baguettes and wraps, snack options, desserts and homebakes

GF = Gluten Free Product

**SEASONAL
KITCHEN**

Food Allergies & Intolerance

If you require information on allergens or suffer from a food intolerance please speak to a team member before you order your food or drinks.

WHAT'S COMING UP

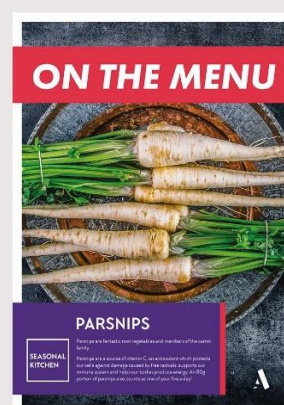
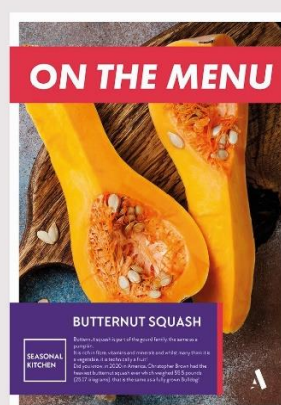
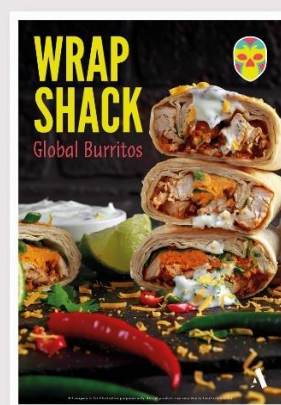
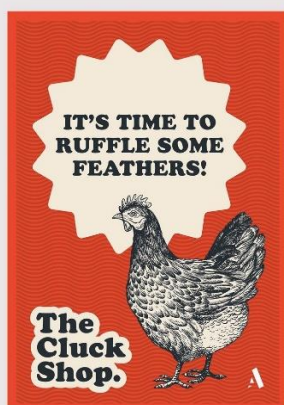
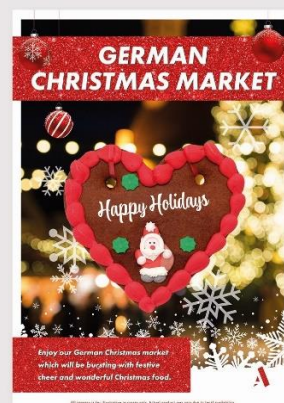
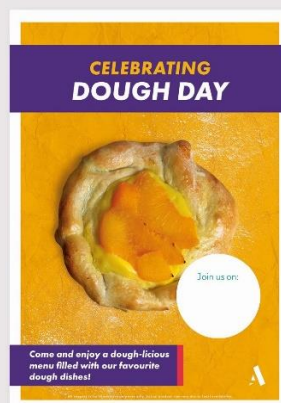
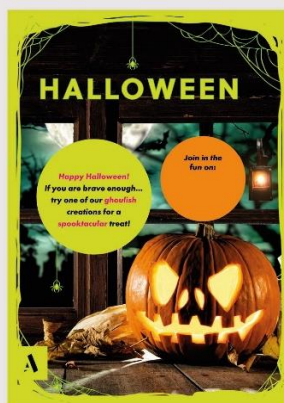
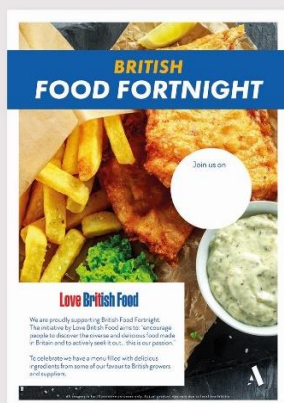
AUTUMN 2023

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



Please make the school aware if you have any reactions to the 14 allergens. Also, let us know if you have any other dietary requirements by email .

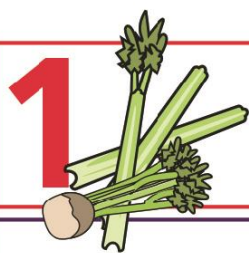
14 Allergens

Coming to a food label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



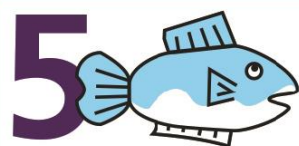
Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.





7 Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews



9 Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



11 Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



13 Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies

✉ Sign up to our allergy alerts on food.gov.uk/email, or follow [#AllergyAlert](https://twitter.com/AllergyAlert) on Twitter and Facebook

f Let's keep connected at [food.gov.uk/facebook](https://www.facebook.com/food.gov.uk)

t Join our conversation @[food.gov.uk/twitter](https://twitter.com/food.gov.uk)

YouTube Watch us on [food.gov.uk/youtube](https://www.youtube.com/food.gov.uk)

ALLERGEN AWARENESS

If you require information on allergens or suffer from a food intolerance, please speak to a Team Member before you order your food and drinks.

Thank You



NATASHA'S LAW – STATEMENT OF INTENT

Natasha's Law becomes legal guidance in the UK on the 1st October 2021. Atalian Servest Food Co (incorporating Angel Hill Food Co, Academy Education, and Academy Healthcare) are committed to ensuring that the company meets all legal guidelines to comply with this legislation.

The aim of Atalian Servest Food Co is always to provide the highest standards of food hygiene and food safety. To ensure that all of the guidelines laid out in the legislation are fully complied with, the duty to take all reasonable precautions and exercise due diligence will be delegated throughout the management structure and to all levels of staff. The company will therefore support both management and staff to achieve this legal compliance.

Our intention to manage the implementation of Natasha's Law is ;

- The QHSE Team will create and issue a PPDS Allergen Risk Assessment which will be carried out by The Operations Team on each of their sites to ascertain the risks associated with each individual premises and outline the actions required to remove those risks.
- All Catering colleagues will receive initial training via an in house video in the first instance, refreshing on current allergen legislation and introducing them to the new legislation
- All Catering colleagues will complete an eLearning training module on Natasha's Law. This will cover the correct procedures for producing, packaging and labelling PPDS products under the legislation. This will be monitored by testing and observation of activities through audits.
- We will work closely with a professional labelling software company who will produce and advise us on the implementation of fully compliant labelling under Natasha's Law
- Our Purchasing Compliance Manager will be working in collaboration with all of our nominated suppliers to ensure that their labelling of our incoming supplies is fully compliant.
- Our Development Chef Team will produce specifications for all PPDS foods that we will be producing in our business. This is in conjunction with the compliance team to ensure no deviations are made in products used or recipes followed.
- The QHSE Team will be fully engaged in the process and be advising to ensure all deadlines are met. The QHSE Team will conduct audits on all compliance under Natasha's Law.

This Statement of Intent will form part of Atalian Servest full policy document to be issued
3/08/2021

 @Academy_Food_uk

 @Academy_Food

