

# WELCOME TO OLIVE

## SECONDARY PARENT NEWSLETTER

### FEATURED THIS TERM:

Olive Highlights  
Theme Days  
Eat the Season Recipe



### WELCOME BACK

We hope you had a relaxing Easter break and are feeling ready for an exciting summer term. This is the perfect time to stay focused and finish the year on a high – great results are just around the corner!

To help you stay energised and motivated, Olive will be bringing you a variety of fun and delicious dishes to enjoy at break and lunchtime. From fresh salad boxes and fruit pots to protein-packed snacks and tasty treats, there's something for everyone to keep you fuelled during this busy period.

Let's make this term a great one – you've got this!



### OUR MENUS

Our menus are designed to be both nutritious and exciting, offering a variety of dishes that cater to different tastes and dietary needs. From hearty main courses to lighter, healthy options, we have something for everyone.

We also cater to dietary requirements, including vegetarian, vegan, and allergen-free options. Our menus operate on a 3 week cycle, specifically designed with the school in mind.



### I AM IN THE MEAL DEAL



### GREAT VALUE MEAL DEAL

Enjoy a delicious, nutritious, and affordable meal with our School Meal Deal. You can pick either from a hot or cold option. Meal deals are available for Free School Meal Students too – just look out and choose items with our purple labelling on.



# EXAM PERIOD

Keep an eye out for our new Power Food options during exam time! We've got tasty and brain-boosting choices like salad boxes, fruit pots, protein pots, granola & yogurt, and more – all to help you stay sharp and focused during this busy period.

And not forgetting our fully stocked salad bar, which offers a wide selection of cold salads, such as potato salad, coleslaw, mixed salad, pasta and rice salads.



## OUR COMMITMENT TO HEALTHY EATING

We believe that good food leads to better concentration, energy, and overall student well-being.

That's why we focus on using wholesome ingredients, reducing processed foods, and ensuring our meals provide essential nutrients for growing minds.

## OUR PLANET

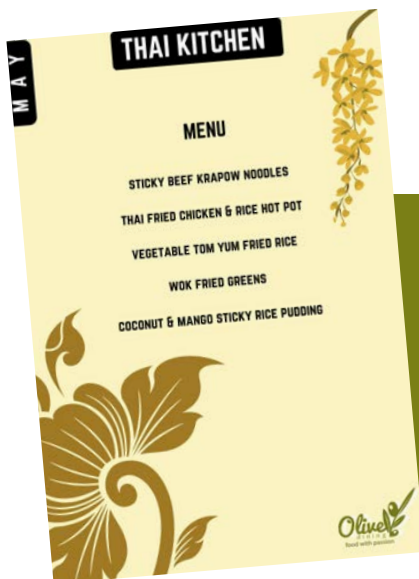
At Olive Dining, we aim to reduce waste to the lowest practicable level, ensuring responsible disposal of waste created and received. New waste bins have been delivered to all our schools this month to help reduce waste. Please use them to support our environment.



## SPECIAL THEME DAYS

We hold a variety of special theme days throughout the year to celebrate key events. Our theme day pop-up calendar showcases the monthly highlights, each featuring exclusive menus developed by our executive chef team.

Keep an eye out for this month's theme day which will be Thai Kitchen!



## KEEP IN THE KNOW!

We welcome feedback from parents, staff and students.

If you have any questions about our food service, please do not hesitate to reach out. You can contact us at [marketing@olivedining.co.uk](mailto:marketing@olivedining.co.uk).

Stay connected by following us on Instagram and Twitter for the latest updates, behind-the-scenes news from our kitchen, and fun recipes!





# EAT THE SEASON SPINACH PASTA RECIPE



## INGREDIENTS

- 500g baby spinach
- 2 garlic cloves
- 100g parmesan, grated
- 200ml light and mild olive oil
- juice of ½ lemon
- salt and pepper

## METHOD

- Add as much of the spinach as you can to a food processor, along with the garlic, parmesan and olive oil. Blitz until smooth.
- As the spinach reduces, add more until all the spinach has been added and blitzed.
- Finally add the lemon juice and season to taste with salt and pepper and blitz one last time.
- Mix with cooked pasta.
- Add some parmesan cheese to the top and enjoy!

