



FOOD COMMITTEE MEETING, 5th February 2018

Present: A boy from each division, our chefs Gaye & Hayley and Mrs Barber, in addition to our visiting Nutritionist.

The meeting gave the boys a good chance to say what their Divisions really enjoy at meal times, was an opportunity to talk about the importance of a balanced diet and the boys gave good examples of what we should all be eating from each food group. They were reminded too how they must drink lots of water throughout the day and we talked about eating through the seasons and our carbon footprint.

Breakfast

- The boys enjoy the variety of cooked breakfasts each day and requested more waffles, pancakes and pain au chocolats. They continue to have porridge every morning through the winter and said how popular the scrambled eggs and crumpets were. The chefs explained how the bacon was cooked and that back bacon provided more meat than streaky and also agreed to send up softer boiled eggs.



Lunch & Tea

- The most popular lunches are mixed grill, curry, steak in gravy with mash, spaghetti bolognese, lasagne, sausage plait with gravy, salmon and chilli con carne. We talked too about the importance trying new things.
- More Arctic roll was requested, as is crumble always, but the chocolate rice crispie cake remains the favourite pudding.
- The boys enjoy more of a choice at tea; the huge Yorkshire puddings and sausages are very popular, as are tacos and nachos with their assorted fillings and we will continue to offer cheese and biscuits, soup and rolls and paninis alongside main dishes. We will also make the pasta more 'al dente'. Skinny fries remain the favourite sort of chips.



Salad Bar

- Cold sausages, peppers, sweetcorn, olives and fish remain very popular.



Little Tea

- Brownies are still the favourite.

Theme Days

- We tried haggis in honour of the poet Robert Burns and will be celebrating the Chinese New Year shortly. Later this term we also have St David's Day on 1st March and St Patrick's Day on 17th March.

Kitchen Tour

- Gaye and Hayley are looking forward to showing the Sixes around the kitchens after half term.