

# PARENT/CARER INFORMATION PACK

**FOOD  
FOR  
THOUGHT**  
GOOD FOOD CULTURE



# CONTENTS



**01**  
Our Mission

**02**  
Our Vision & Values

**03**  
Our Food

**04**  
Sample Menu

**05**  
So Much More!

# OUR MISSION

Food For Thought is a Not-For-Profit school meals company, which is owned by its member schools.

We've been providing healthy and tasty meals to our member schools, in and around Liverpool, for over 20 years and our profits are re-invested back into the schools annually.

We are passionate about the health and well-being of children, as reflected in our Mission, Vision and Values.

As CEO, I'm proud to extend a warm welcome to the Food For Thought family!

*Tom*

Tom Lambeth  
CEO  
Food For Thought (Merseyside) Ltd.



## MISSION STATEMENT

To support our  
community of schools  
who promote the  
mental, physical and  
emotional wellbeing of  
children through a  
*Good Food Culture*

# OUR VISION & VALUES

## VISION

To nourish, nurture and inspire the next generation through a *Good Food Culture!*



## ENOUGH

No strict portion control,  
no hungry children,  
delivering enough for all

## COMPASSIONATE

Showing care and  
kindness in all aspects  
of our service

## HONEST

Not For Profit  
Focussing on what's  
important for our  
pupils and schools

## SUPPORTIVE

For our community  
and our schools

## CONSIDERATE

Consider and support  
every pupil

## QUALITY

High expectations and  
high standards

# OUR FOOD



We work closely with our North West suppliers to ensure we are providing the best quality produce at the best prices.

Our team can offer advice and guidance to support meeting the dietary needs of pupils and any specific dietary requirements should be discussed directly with the school.

Our menus are updated every term and meet all School Food Standard requirements.

They are designed to be tasty, fun, adventurous and to broaden childrens' food experience.

Meals are freshly cooked each day in the school kitchen and service is focussed on the needs of the pupils.

We have no portion control, which means that pupils can freely choose what to have for dinner, giving them ownership.



# SAMPLE PRIMARY MENU



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Chef Choice	Leek and Potato	Red pepper	Tomato and basil	Chef Choice
<b>Main Meal</b>	Vegetable stir fry with noodles & spring rolls	Scouse with beetroot & crusty bread	Ham roast dinner with all the trimmings	Homemade chicken curry with rice & naan bread	Fish cake/fingers with chips & mushy peas
<b>Meat Free Main Meal</b>	Cherry tomato quiche with salad	Tuna pasta with cucumber & red onion	Twice baked jacket potatoes	Cheese & tomato toasties	Tandoori salmon with pitta bread
<b>Side dish</b>	Noodles	Potatoes	Roast potatoes	Basmati Rice	Chips
<b>Vegetable</b>	Tomatoes	Carrots and Swede	Cabbage	Peppers	Mushy Peas
<b>Dessert</b>	Ginger Biscuits	Fresh Fruit Salad	Apple Pie & Cream	Fresh Fruit Trifle	Cheese & Crackers

Jacket Potatoes, Salad, Hummus, Fresh Fruit & Yoghurts available daily

Ask Chef about the Daily Special

Please speak to a member of school staff about any dietary requirements

# SO MUCH MORE!

## Food For Thought are more than just a meals service...

Our Schools Programme Manager, with the support of our Cookery Coach, Outdoor Learning Instructor and Assistant Outdoor Learning Instructor, offer a range of programmes and initiatives to enhance our service and the curriculum for pupils in our member schools.

All of our programmes are designed to enhance pupils' physical, mental and emotional wellbeing.

Our Cookery Coach provides facilitated sessions in schools to encourage healthy eating, learn about nutrition and teach cookery skills.

Our Outdoor Learning team facilitate sessions in the Everton Park Nature Garden.

Our member schools also have the opportunity to take part in events and competitions which we facilitate throughout the year.



# FOOD FOR THOUGHT

GOOD FOOD CULTURE



c/o Gilmour Infant School  
South Bank Road  
Liverpool, L19 9AR

[www.foodforthoughtschools.co.uk](http://www.foodforthoughtschools.co.uk)  
[office@fftLiverpool.co.uk](mailto:office@fftLiverpool.co.uk)  
[@fftLiverpool](https://www.instagram.com/fftLiverpool)