

KITCHEN DIARIES

FROM CHARTWELLS INDEPENDENT

Welcome to the latest foodie news from your kitchen team.

Offering up a slice of seasonal good food news such as the latest culinary concepts and pop-ups, as well as insightful nutritional tips to nourish mind, body and soul.



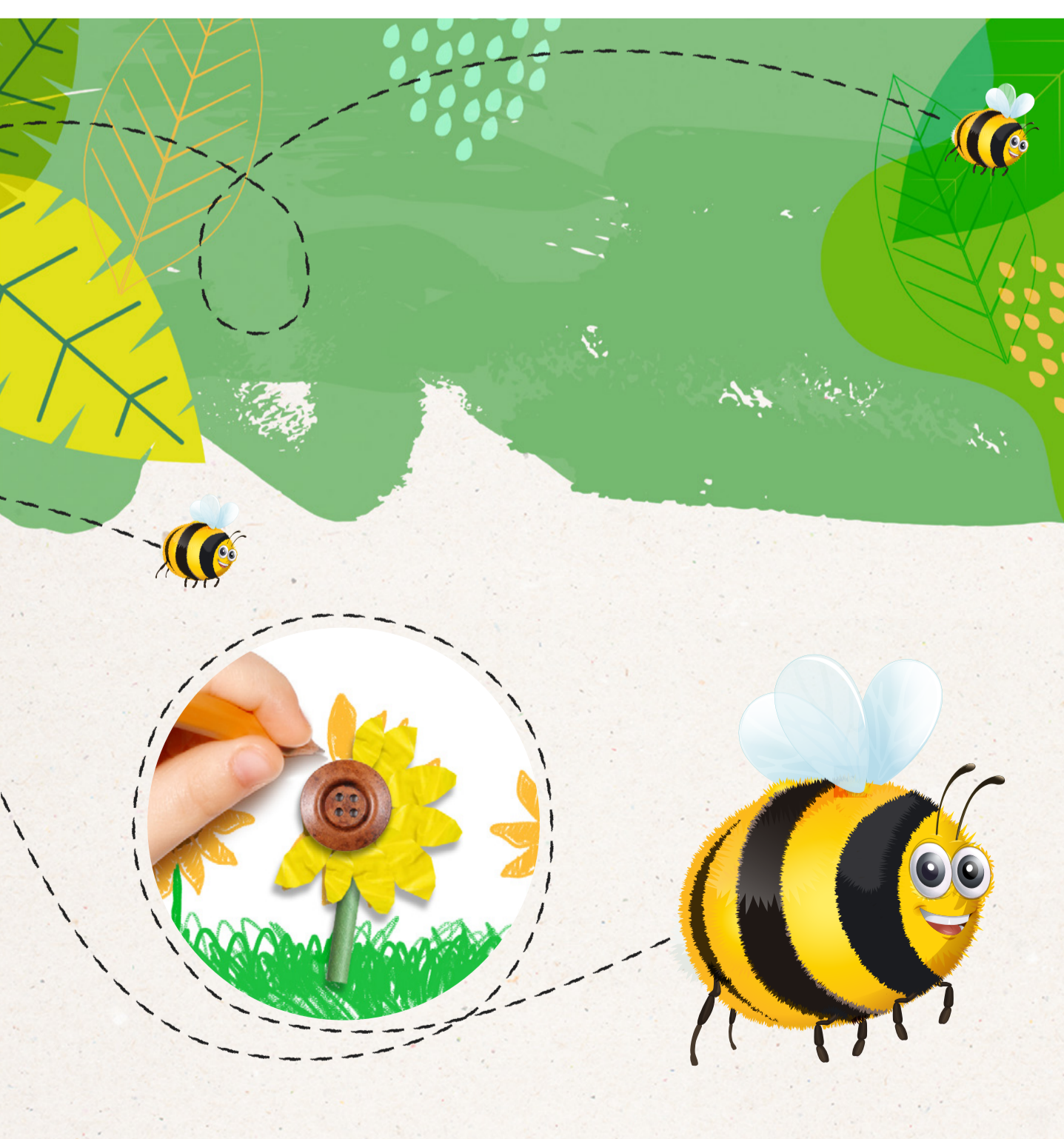
STRIKING THE RIGHT BALANCE

Our expert nutritional and culinary teams work seamlessly to design menus that meet the ever-evolving needs of our pupils and help instil lifelong, healthy habits.

A balanced diet is more than just managing portion size, it's about crafting meals which taste delicious and ensure the right mix of energy-boosting carbohydrates, growth-supporting protein, heart-healthy fats and essential vitamins and minerals from colourful fruits and vegetables at every life stage.

THEME DAYS

During each term, we run themed menu days to keep school lunches exciting and to encourage pupils to explore their tastes and have fun with food. This term, we have Pancake Day, of course, with yummy toppings, delicious oriental dishes to celebrate Chinese New Year, plus a brilliantly bookish menu for World Book Day.



BEE READY FOR THE BEES

We need to help the hibernating bumblebees when they emerge in the spring.

Bumblebees that have been hibernating during the winter months use up important reserves of energy, stored as fat in their bodies. Once temperatures rise, bees emerge and need to feed on nectar from flowers to gain energy.

Look out for our 3D poster competition, where children can WIN a flower garden starter kit for their classroom!