

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

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.

Naturally, human requirements for various macro and micronutrients fluctuate throughout our lifetime, especially through adolescence. Using our considerable nutritional expertise, the culinary team work seamlessly to design menus that meet the ever-evolving nutritional needs of our pupils alongside our specialist nutritional education team who provide pupils with important information, that is relevant to their needs, to instil lifelong, healthy habits.

EATING SEASONABLY

The beauty of seasonal produce lies not only in its nutritional value but also its versatility.

The options for creating mouth-watering recipes using the best of the season are endless. This month our dining hall counters are abundant with dishes featuring leeks, cabbage and the unsung hero of autumn harvest – the versatile cauliflower. Delicious covered in a rich cheese sauce but also the perfect partner for all the vibrant flavours in our Cauliflower Korma; ideal for crisp autumnal evenings, boasting a rich, creamy texture and delicate spice.



NET ZERO BY 2030

In April 2022, the Department for Education set out its vision for the UK to be the world-leading education sector in sustainability by 2030 and recognised that children and schools play a vital role in achieving net zero.

The Sustainability and Climate Change Strategy sets out a number of targets, including preparing young people for a world impacted by climate change through learning and practical experience. As part of our climate promise to achieve net zero emissions by 2030, Chartwells are committed to educating thousands of pupils each year through our sustainability workshops as well as utilising in-depth data and insight to decarbonise our menus.