

EDITION Easter 2026

From your school's caterer **Taylor Shaw**

Fresh Flavours are Blooming!



Get ready for a burst of springtime flavours in our dining rooms!

Dietitian's Corner
Boost your brain for exams



Chef's Corner
Our Development Chef Nik



Easter Treats
Get baking this Easter



BALANCED TRAY
More than just lunch



Seasonal Menu

Get ready for a burst of springtime flavours in our dining rooms!

We're excited to announce our new spring menus, packed with delicious and nutritious dishes designed to nourish and delight.

As the weather warms up, we're embracing the fresh produce of the season. You'll find vibrant salads and lighter, brighter meals alongside some familiar favourites.

We've been working hard to create menus that are not only tasty but also

meet the nutritional guidelines you need to thrive.

Enjoy the flavours of the season

What's New?

- **More Pasta Options:** A new range of delicious pasta dishes
- **Main Meals:** We've introduced a varied selection of tasty new vegetarian dishes

- **Dessert:** Indulge in a sweet treat, or choose from sliced fresh fruit and yoghurts

Remember to look out for our theme days, featuring foods from around the world and religious festivals.

Rest assured, even with these menu changes, all our meals continue to meet the highest school food standards. We prioritise providing your children with balanced and wholesome meals that support their growth and development.

More Choice

To view the menu choices, visit the school website.

Dietitian's Corner

Forget the energy drinks and sugary snacks!
Want real brainpower for exam season?

Our team of dietitians
and nutritionists are
here to help.

In this edition, we're breaking down the best foods to eat to sharpen your focus, improve your memory, and reduce stress – all key for exam success.



Boost your brain for exams

With exams coming up, it's not just about revising – you need to fuel your body and brain to stay well, focused and energised.

Power up with fibre

Fibre keeps your energy levels steady, helping you last through long study sessions. Find it in fruits, vegetables, beans, lentils, oats, wholegrain bread, pasta and brown rice. Plus, a healthy gut may be linked to better brain function.

Fighting fit

Fruits and vegetable contain vitamins and minerals helping your immune system, skin and body to repair itself.

Omega-3s

Omega-3s are fats that can help with memory and concentration. You will find them in oily fish like salmon, mackerel, and sardines, so try to eat at least one portion a week. Girls and women should stick to a maximum of two portions weekly due to potential pollutants. If you are not a fan of these types of fish then you can buy fish fingers with added omega 3, or find omega 3 in walnuts, flaxseeds, and rapeseed oil.

Stay hydrated

Your brain is around 75% water, so if you don't drink enough, you'll feel tired, struggle to concentrate and may get headaches. Aim for 6–8 cups of fluids a day but avoid sugary drinks. Caffeine can increase alertness but too much can cause you to feel irritable and not be able to sleep at night.

Iron strength

Iron deficiency can cause tiredness, breathlessness and lack of energy, definitely not what you want during exams! Teenage girls especially can often be more likely to not have enough iron. Find this nutrient in meat, beans, chickpeas, nuts, dried apricots and breakfast cereals.

Mood food

Low levels of B-Vitamins and folate have been linked to depression and lack of energy. Eat a good mix of wholegrain cereals, citrus fruits, green vegetables, beans, meat, fish, eggs and dairy foods.

Quick exam bites

Avocado with crackers

Baked beans or peanut butter on wholegrain toast

Dried fruit, nuts and seeds

Hummus, pitta bread and vegetable sticks

Porridge, granola or muesli

Salmon mayonnaise jacket potato

Smoothie with yoghurt, banana and berries

Tuna and sweetcorn wrap

Vegetable omelette

Yoghurt with fruit and nuts

From our kitchen to yours

Meet Nik, with over 30 years in the culinary industry, Nik's passion for food and sharing his expertise is truly inspiring!

He's a key part of our team, working closely with our onsite chefs to provide training and support, ensuring the delicious meals you enjoy are always top-notch.

In this edition Nik is sharing some quick and easy Easter treats that are perfect for a quick snack or a gift for a friend or family member.

Allergen Tip
Simply replace the butter for a dairy-free alternative!



Easy Cornflake Cakes (No Bake)

Ingredients

- 100g chocolate (milk or dark)
- 50g butter
- 3 tbsp golden syrup
- 100g cornflakes

Method

1. Melt the chocolate, butter, and golden syrup together in a heatproof bowl over a pan of simmering water.

2. Stir until smooth and fully combined.

3. Add the cornflakes and gently fold until they're all coated in the chocolate mixture.

4. Spoon into cupcake cases and chill in the fridge for at least 1 hour to set.

If you want to make them extra fun, you can top them with mini eggs, sprinkles, or marshmallows.

Do you have a dish you'd love to see featured? Let us know, and we'll happily consider including the recipe and expert advice in a future edition! Send your recipe request to ukmarketing@taylorshaw.com



What's in season?

Did you know that eating what's in season is not only good for the planet, but also for your taste buds and your wallet?

Seasonal fruits and veggies, like juicy berries in summer or crunchy root vegetables in winter, haven't travelled far to get to your plate, meaning fewer food miles and a smaller environmental impact. Plus, they often cost less because they're plentiful, and they taste amazing because they're picked at peak ripeness. Why not check out your local greengrocer or farmer's market to see what delicious seasonal goodies they have on offer? You might discover some exciting new ingredients to experiment with in your kitchen!

In season right now...

Cauliflower

Rhubarb

Kale

Savoy cabbage

Asparagus

Purple sprouting broccoli

Spring cabbage

Spring onions

Chocolate Cheesecake Easter Eggs

Ingredients

- An Easter egg of your choice
- 50g crushed biscuits
- 200g chocolate spread, at room temperature
- 250g cream cheese, at room temperature
- 30g icing sugar, sifted

Method

1. Gently split the Easter egg into two halves.
2. Place a warm spoon on the outside of the middle of the egg to slightly melt the chocolate, creating a flatter base so it can stand unaided.
3. In a large bowl, mix the chocolate spread, icing sugar, and cream cheese together.



Allergen Tip

Simply replace the cream cheese for a dairy-free alternative or chocolate dessert!

4. When the mixture is creamy and well combined, spoon it into the egg halves and top with the crushed biscuits.

Chicken & Waffles (serves 4)

Ingredients

- 4 Belgian waffles
- 4 boneless chicken thighs
- 4 tablespoons cornflour
- Salt and pepper
- 1 teaspoon paprika or Cajun spice
- Sweet chilli sauce or sticky BBQ sauce

Method

1. In a large bowl, mix the cornflour, 2g salt, 2g pepper, and 5g of your chosen spice (paprika or Cajun).
2. Coat the chicken thighs thoroughly in the spice mixture.
3. Dry fry the chicken in a hot pan until golden brown on each side.
4. Transfer to a preheated oven at 180°C for approximately 25 minutes, or air fry at 180°C for 20 minutes.
 - When there are 2 minutes remaining, add the waffles to warm through.
5. Place each cooked chicken thigh on a warmed waffle and drizzle with your preferred sauce — sweet chilli or sticky BBQ works beautifully.

