



Our School Vision : At St George's we are proud to be one family of lifelong learners who know they are special to God. Our family is built upon a strong sense of belonging and mutual respect. Our community gives our children the freedom to flourish and succeed.

... A flourishing fellowship: learning together with God by our side ...

Inside the kitchen

We are sure you are wondering what students are eating at St. George's daily. Well, this newsletter is here to inform you about the effort our cooks put in to the meals to insure your children are fed a healthy diet. The kitchen staff are governed by the Department of Education's strict guidelines and their first priority is the many allergies to be aware of.

By Carla, Mica and Nina



Allergies

Allergies are a big worry when cooking meals for 250 different children, who can be allergic to many things that are in a lot of common foods including: gluten, wheat, crustaceans, soya, mustard, sesame seeds, sulphites (in dried fruits), milk, fish, eggs, peanuts, celery, nuts, lupin, oats and kiwi. Somehow they manage to make our food healthy, nutritious and most importantly safe.

Joys of the job

The kitchen staff like their job because they are passionate about food and dislike processed foods. The cooks love seeing the meal they put effort into being enjoyed by the school community. They care for the health of the children as well as caring for what they like. They use fresh foods everyday to provide nutrition for all.



What goes in?

Our cooks take pride in what ingredients they are using and how they use it. They know they use organic and fresh ingredients from a variety of companies associated with Red Tractor, British farms, and non endangered species of fish. The cooks work hard everyday to make sure the students have their say of what they like and dislike by giving them a selection of choices; generally 4 each day so today was chicken pie, sweet and sour noodles, cheesy pasta and jacket potato.

Did you know?

Did you know that the kitchen has to follow very strict government guidelines relating to salt, sugar and fat?
They never keep hot food leftovers for safety, although cakes, cookies and fruit can be frozen and kept.
Did you know that our chefs know how to make 12 loafs of bread for approximately 250 pupils each day?
Did you know that they now no longer use plastic wrapping, use paper bags that can be recycled, which go in a different bin from the food bin and buy bio-degradable bags?
Did you know that there is a gluten free meal option every day?

