



Our Allotment





Cooking with Hillstone

Menu W/C 23rd April

Chilli with rosemary roasted potatoes

Chicken, leek pie, broccoli and new season potatoes

Tuna pasta and sweetcorn bake with honeyed carrots

Chicken chasseur with mash

Roasted veg moussaka

*if you have any allergies please get in touch with me via the office or m.knight@hillstone.org.uk



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Proud of our
community



Do you have

**THE
RIGHT
STUFF**

To be a Hillstone waiter or waitress?

In year 4, 5 or 6?

Are you hard working?

Willing to show commitment?

Able to see the job through to the end?

Sign up with Chef at the kitchen



Week Three Week commencing 30 th April, 21 st May, 18 th June, 9 th July				
Monday	Tuesday	Wednesday	Thursday	Friday
Southern style chicken strips Requested by you!	Pasta bar with dough balls Selection of whole wheat shaped pasta	Free range roast pork with homemade apple sauce and sage and onion stuffing	Lightly spiced chicken meat balls with coconut rice and quinoa	Fish crunchy with lemon tartare sauce or cheese and tomato pizza Requested by you!
leek and butternut squash lasagna (V) In season veg	Chicken stew with rice and peas Inspired by Jensen from class 3P	Quorn and vegetable cottage pie (V)	Beef Lasagna	Quorn burger with cheese and sweet tomato salsa (V)
Jacket potato with coleslaw or tuna and sweet corn	Vegetable stir fry with noodles (V)	Jacket potato with veg chilli and cheese	Veggie meat balls with a homemade tomato sauce (V)	Jacket potato with beans and cheese
Oven roasted wedges Organic broccoli and carrots Unlimited seasonal mixed Salad	Green beans and cauliflower Noodles and pasta Unlimited seasonal mixed salad	Dry roasted potatoes Cabbage, roasted swede & parsnip In season veg Unlimited seasonal mixed salad	Carrots and garden peas Unlimited seasonal mixed salad	Wedges Corn on the cob In season veg Unlimited seasonal mixed salad
Ginger and syrup sponge	Chocolate cracknel corn flake cake Made with fair trade cocoa Requested by you	Fruity Wednesdays Wide selection of fruit segments, plain and fruit flavored yoghurts	Orange and vanilla yoghurt cake	Bananas and custard 50% Fruit In season fruit

Our Menus

EAT
RIGHT
BE
BRIGHT



Snack Menu

Week one
Week commencing
16th April, 7th May, 4th June
25th June, 16th July

Mon: Fruit bags

Tue: Flavoured
yoghurt and
Granola
Wed: Banana, apple
or satsuma

Thurs: Wholemeal
Pitta pizza

Fri: Exotic fruit jelly

Week two
Week commencing
23rd April, 14th May, 11th June
2nd July

Mon: Fruit bags

Tue: Yoghurt &
granola

Wed: Apple,
banana or orange

Thurs: Bread sticks
and cheese

Fri: Apple, banana
or pear

Week three
Week commencing
30th April, 21st May
18th June, 9th July

Mon: Fruit bags

Tue: Exotic fruit
jelly

Wed: Pear, banana
or satsuma

Thurs: Fresh red
and green grape pot

Fri: Peppers, cherry
tomatoes &
cucumber pot

**New and
improved!**

Infants 30p, juniors 40p
Includes a drink and
snack or a piece of fruit and a
drink

Eat Right
Be Bright





Hillstone Farmers Market



- * Three years ago the school management team made a decision to prioritise food and food education and with a lot of hard work attitudes are changing and our children and parents have really taken on board healthy eating and make good, positive, food choices.
- * We employed a chef as catering manager to transform the menu, food offering and food education. Chef is known to everyone as Chef and is one of only two members of staff who have a title, the other being Coach, a professional sports coach employed to improve sporting standards.
- * We take a whole school approach to food where all staff are positive in encouraging good food choices and encouraging the children to try new foods as well as grow our own food in our allotment.
- * When we started we served 220 children, this has now increased to 350 plus.
- * We have achieved this by, as a school bringing our children and parents along with us consulting and keeping all stakeholders informed of our plans and initiatives at all times.
- * We consult all of our children on the menu twice a year; as long as their choices are compliant with the school food standards we put the most popular ones on our menu. We indicate on the menu the dishes chosen by the children with, chosen by you next to it. Our menu is compliant and has fresh, organic in season ingredients.
- * Our suppliers are local and independent. We are passionate about using locally sourced ingredients and we promote fair trade values, our children have a great understanding of where their food comes from and our food is produced fresh in our kitchen on the same day.
- * Our lunch time staff are aware of all our children's specific dietary requirements be they religious allergic or intolerances.
- * Lactose free milk and gluten free products are on stock at all times.
- * It's not just great food we serve but how we serve it. Our fantastic lunch time staff work tirelessly to encourage each child to try new foods, eat everything on their plate and take time out to help even the most discerning of diners. We have fantastic results with 'fussy' children who now enjoy a relaxed lunch time experience whereas before it was a more stressful time.
- * One piece of work we are proud of was to insist all reception children to have school lunch. We organised two free lunches for our new reception children and parents so they could experience exactly what a lunch time would be like and sample the food. This was a great success with no hostility to the idea. We now do this every year and insist that the children carry on having lunches up to year three. This has proven to be a popular initiative with parents with some commenting that their children now eat things they would never have before!

- * Year four, five and six children have the opportunity to be waiters in our dining room. They produce a CV and fill out an application form detailing why they should be employed. The successful candidates work on a rota basis in the dining room at lunchtime. Teachers have fed back how children's confidence has grown thanks to being waiters. It has proved a big hit with the children. Key stage one children don't miss out either. They have the opportunity to be breakfast waiters at breakfast club and they have proved to be excellent at the job as well although sometimes they can be challenging to manage!
- * We have an annual farmers market where every child produces something to sell. They then, as a class market their product at the market by producing posters and setting a selling price. The whole community turns out to support this popular initiative. We have stores under gazebos that line the road to the entrance of the school. It is supported by local community groups and our local farmer, farmer John who brings along sheep and goats to mingle with our shoppers! We sell organic meat and veg also and promote positive food choices
- * We also work hard to create a positive view of healthy food with our parents. We realise that without support at home to make healthy, smart choices our job is a lot harder. We pride ourselves in communicating this message to our parents via newsletters, an up to date web page on the school website and engaging with parents in the playground serving hot breakfasts, and tweeting on twitter. We have a presence at every school event, and run interactive sessions at parents evening, summer fairs, Halloween and bonfire night. There is an open invitation to any parent or carer to join us for lunch at any time.
- * Where cakes sugary drinks and chips were the norm at school events these have been replaced with fruit kebabs, fruit juice and savoury food.
- * Hillstone is situated in an area of the city that is economically disadvantaged and suffers from some social problems that blight the entire country like obesity and access to fresh affordable food. We are trying to tackle the problems faced by the community with many initiatives including our Cooking with Hillstone initiative. This is where anyone in our community can purchase from the school bags of fresh food with recipes for five meals for a family of two, four, six or eight for five days. All the ingredients are in the bags along with herbs, spices, fresh meat and veg along with method cards with easy to follow steps written on them with the intention of encouraging our parents and children to cook together and help engender a love of cooking that will last our children a life time. The bags are produced at cost price to make it as affordable and accessible as possible. The menu is tweeted and group called out every week and customers are asked to order on Friday afternoon for pick up on Monday afternoon.
- * Part of our mission is to equip our students with the skills to cook, skills that will last them a lifetime and ensure they are confident enough to create nutritious tasty meals and have a love of food and cooking when they enter adulthood. To this end every Friday afternoon a whole class does cooking or works in the allotment. The class splits in half and one week they cook with Chef and the other half of the class learn about growing in the allotment. The sessions are purely to cook and grow for the love of it, no tests or evaluation, just cooking, growing and having fun. This has proved hugely popular with the children and confidence and creativity has grown.

- * We want our children to have the best possible dining experiences so we have now introduced family service to our nursery children and after school club. With this initiative we have seen the children increase their intake of vegetables and the children take ownership of their meal times. It has proved so successful that we will roll it out to the rest of the school.
- * We have a fantastic allotment area where all the children have an opportunity to help grow and look after a variety of vegetables, fruit and herbs all used in our kitchen. It is a lovely area where classes often use for outdoor learning. The children are very proud of the produce they grow. We now host many community events there including a food seminar hosted by West Midlands LACA, year 6 leavers party, staff events and recently invited our grandparents to help plant seeds and flowers with their grandchildren.
- * We have a very active SNAG (Schools Nutritional Action Group) group where stakeholders from the school meet to discuss and organise food related events as well as taking on board and acting on feedback we receive on the food offering. We are working closely with Food for Life to achieve a gold award; we have recently been awarded bronze.
- * Our chef is an active member of LACA which has proved valuable to keep up to speed with the changing world of school catering and has recently been voted in as vice Chair of the West Midlands.
- * We recently won best Self-Managed/ In house catering operation at the LACA Awards for Excellence. We won't rest on our laurels, we realise we don't have all the answers and are always keen to learn from others. We actively network with other schools to share best practice and act as support for each other.
- * Birmingham University did some independent research at Hillstone and asked the children what they valued most about their school. The catering came second, only to the fabulous work the PTA do in organising fun events for the children.