

WELCOME FROM RADISH YOUR SCHOOL CATERER

Radish is a unique boutique catering provider with expert knowledge within primary schools. We are challenging the school catering world by bringing excitement to our menus and real passion through our fun-loving people, we love what we do and it shows. We are committed to acting responsibly, operating with integrity and behaving ethically. Our mantra of 'It's All Good' underpins our entire philosophy from the ethical sourcing of the highest quality food, to the carefully chosen partnerships we have giving back to the community. Our aim is simple... to encourage children to discover diverse and delicious healthy food, whilst actively supporting your school in educating the benefits of a healthier diet. In doing so we hope to change children's perception of food. We are very excited to welcome your child and hope they will enjoy dining with us every day!

ABOUT OUR MENUS

At Radish our menus centre around freshly prepared food, which is environmentally sustainable, ethically sourced and designed to educate children around healthy eating. Our menus will be completely tailored to your school with direct input from pupils, school, and our on-site teams.

- Our menus meet and often exceed the current government food-based standards for school lunches
- Our menus are at least 85% freshly prepared on site
- We source our meat, fruit and vegetables from local suppliers
- We source our meat from farms with higher animal welfare standards
- We only use Free Range Eggs
- We only use MSC Certified Fish
- We always select ingredients which are free from harmful additives which have been linked to behavioural and concentration problems in children
- We do not use any GM (Genetically-Modified) containing products

OUR ADDED VALUE EVENTS

We offer a variety of fun and educational added value initiatives such as cooking classes, healthy eating assemblies, parent tasters and even a smoothie bike!



SPECIAL DIETARY REQUIREMENTS

If your child has a specific dietary need, for a medical reason, we would be very happy to provide for them. If you want more reassurance regarding your child's lunch our Nutritionist is able to come to school and meet with you personally.



SUGAR AND SALT— THE FACTS



- Too much sugar can lead to obesity and put children at risk of type 2 diabetes in later life
- Eating too much sugar can lead to tooth decay
- High salt intake has been linked to childhood obesity, as children with high-salt diets have been reported to drink a lot of high-sugar, high-calorie drinks, which increases their risk for obesity.
- Eating too much salt can lead to high blood pressure in adulthood

WHAT ARE WE DOING ABOUT SALT AND SUGAR IN SCHOOL LUNCHES?

- We follow the School Food Standards which helps ensure our lunches are healthy and balanced
- Wherever possible our meals are freshly prepared
- We make our own sauces, we even have our own Ketchup!
- We use fruit in lots of our desserts which provides natural sweetness, allowing us to use less sugar
- Our recipes are tried and tested so where we do use sugar or salt we use as little as possible
- Our menus have on average 0.3g of salt within the recommended government guidelines
- We are working with Public Health England to meet their sugar reduction targets

THE SUGAR SHERIFF!

The Sugar Sheriff is involved in holding a No-Added Sugar Menu once a week and also in educating the children through assemblies on the importance of understanding about our Sugar intake.



| AGE | MAXIMUM RECOMMENDED SALT INTAKE ACROSS THE WHOLE DAY | MAXIMUM RECOMMENDED SUGAR INTAKE ACROSS THE WHOLE DAY | TEASPOONS |
|--------------|--|---|-----------|
| 4 - 6 YEARS | 3g | 19g | 5 |
| 7 - 10 YEARS | 5g | 24g | 7 |



radish
IT'S ALL GOOD



Support British
Free Range Eggs



bmpa
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