

SEPTEMBER 2023

AUTUMN TERM

SECONDARY PARENT NEWSLETTER

FEATURED THIS TERM:

[Welcome to the Autumn Term](#)

[New Menus & Theme Days](#)

[Seasonal Recipe](#)



Welcome to the Autumn Term

We hope you had a wonderful Summer and that you are ready for the new Academic year and Autumn Term.



We certainly are!

Over the Summer, we have been working hard on brand new menus, exciting theme days and seasonal recipes which you will receive each month!

We love to hear feedback on the service we provide so please do get in touch by sending any questions or comments to:

enquiries@olivedining.co.uk

or call our head office on: 01959 564 700

We are also on Instagram and Twitter so do follow the online Olive Dining family where you can stay updated with all our latest news and activities!  

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SUMMER SAMPLE MENUS

DID YOU KNOW?

Only 18% of school aged children in England actually meet their 5 a day target, averaging only 3 pieces a day!

HOWEVER, for children who eat school meals, the minimum amount of fruit and veg they consume during the school day could be at least three!

THEME DAYS COMING UP...

We will be holding special themed events every month, which coincide with key dates in the year. In Autumn, for example, we will have specific menus created for Black History Month and Dia De Los Muertos!



THEME DAY CALENDAR

AUTUMN TERM	SPRING TERM	SUMMER TERM
SEPTEMBER world cheeseburger day	JANUARY NATIONAL POPCORN DAY	MAY BBQ
OCTOBER Black History Month	FEBRUARY CHINESE NEW YEAR	JUNE WIMBLEDON TENNIS
NOVEMBER DIA DE LOS MUERTOS	MARCH Happy Easter	JULY Ice Cream Day
DECEMBER Christmas Countdown	APRIL Aravito	AUGUST SUMMER

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SEASONAL RECIPE

INGREDIENTS

- 1 BUTTERNUT SQUASH, ABOUT 1KG, PEELED AND DESEEDED
- 2 TBSP OLIVE OIL
- 1 TBSP BUTTER
- 2 ONIONS, DICED
- 1 GARLIC CLOVE, THINLY SLICED
- 2 MILD RED CHILLIES, DESEEDED AND FINELY CHOPPED
- 850ML HOT VEGETABLE STOCK
- 4 TBSP CRÈME FRAÎCHE, PLUS MORE TO SERVE

METHOD

- Heat the oven to 200C/180C fan/gas 6.
- Cut the squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with 1 tbsp of the olive oil.
- Roast for 30 mins, turning once during cooking, until golden and soft.
- While the butternut squash cooks, melt the butter with the remaining 1 tbsp olive oil in a large saucepan, then add the onions, garlic clove and three-quarters of the chillies.
- Cover and cook on a very low heat for 15-20 mins until the onions are completely soft.
- Tip the butternut squash into the pan, add the stock and crème fraîche, then whizz with a stick blender until smooth. For a really silky soup, put the soup into a liquidiser and blitz it in batches.
- Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with swirls of crème fraîche and a scattering of the remaining chopped chilli.