



Striving for Excellence

Cirencester Kingshill School

Head: Christine S. Oates

January 2021

Dear Parent/Carer,

School Hamper Provision during Lockdown

The hampers being supplied by the catering contactor, Aspens Services, contain ten days supply of various items of food to provide ten midday meals for one pupil. Their hampers are prepared the afternoon before collection, with any items that are decanted into containers on the morning that the hampers are supplied. If your child has special dietary requirements then please contact the kitchen directly to discuss your child's needs either on the school phone number or by emailing kitchen@cirencesterkingshill.gloucs.sch.uk

The school is working in partnership with Aspens Services to ensure that the hampers meet the government guidance and the school food standards. The government guidance states that *"the benefits of providing lunch parcels include:*

- *the confidence that a nutritious and varied range of food is being provided in line with guidance published by the Lead Association for Catering in Education, and that meets the school food standards*
- *being able to quickly set up provision as many school caterers will have experience of delivering food parcels*
- *supporting safeguarding through the opportunity to maintain regular contact with vulnerable pupils and ensure they receive healthy nutritious food*
- *reducing the risk of food waste, which catering suppliers may have already purchased"*.

The guidance also states that *"the hampers should:*

- *contain food items rather than pre-prepared meals due to food safety considerations*
- *minimise the fridge and freezer space that schools and families will need to store foods*
- *contain items which parents can use to prepare healthy lunches for their child/children across the week*
- *not rely on parents having additional ingredients at home to prepare meals*
- *not contain items restricted under the school food standards*
- *cater for pupils who require special diets, for example, allergies, vegetarians or religious diet*
- *contain appropriate packaging sizes for household use, rather than wholesale sizes"*

Below is a list giving you an indication of the hamper contents for one child for 10 midday meals:

- Bread: 4 slices white, 4 slices wholemeal
- Potatoes white & sweet potatoes
- Jacket potatoes 3
- Pasta: wholemeal and white 250g
- 100g Red Lentils
- 100g Pearl Barley

Kingshill Lane, Cirencester, Gloucestershire GL7 1HS

Tel: 01285 651511 Fax: 01285 885652

e-mail: office@cirencesterkingshill.gloucs.sch.uk

www.cirencesterkingshill.gloucs.sch.uk

Cirencester Kingshill School, registered in England and Wales under number 7686390





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- 2 Eggs
- Baked beans 1 large tin 840g
- Tomatoes 1 large tin 800g
- 15oz vegan margarine
- 100g grated cheese
- 100g couscous
- Mayo portions 10g x3
- BBQ portions 10g x2
- 1 cheese & tomato Pizza
- 2 uncooked sausages
- 3 uncooked Fish Fingers
- 2 wraps
- 1 cucumber
- 4 whole tomatoes
- 1 pepper
- 2 spring onions
- 1 onion
- 6 carrots
- Mushrooms
- 5 long life yoghurts
- 5 pots raisins
- 10 apples
- 5oz pots of peas
- 5oz pots of sweetcorn

These contents are enough for 10 midday meals for 1 child including a dessert of one of the following: yoghurt, a pot of raisins or an apple.

Our Kitchen Manager has provided some ideas for midday meals, together with recipes/cooking instructions that could be made using the items in the hampers, which she hopes you will find useful. If you need any advice on meals then please do contact Mrs Rendell at kitchen@cirencesterkingshill.gloucs.sch.uk

Meal meals ideas:

- Jacket potato, baked beans served with a mixed salad with couscous
- Fish Fingers, chunky sweet potato wedges & peas or beans.
- Pizza, wedges & sweetcorn side salad.
- Jacket potato, cheese & side salad
- Cheesy bean wraps served with couscous and salad (add the uncooked beans, sprinkle on some cheese, fold the wrap, cook until the wrap has browned off)

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- Pasta served with a chunky veggie pasta sauce (½ onion, mushrooms, carrots, tomatoes). Pulses can be added. Red lentils and/or Pearl Barley.
- Poached eggs or scrambled eggs
- BBQ beans on toast
- Jacket potato, beans topped with grated cheese served with sweetcorn or salad
- Pasta bake, pearl barley & lentil pasta sauce, served with salad (½ onion, carrots, tomatoes & pulses)
- Sausage & Mash served with peas

Recipes:

- Wedges: leave the skin on, cut them up into wedges, par boil for 8-10 mins then roast off for 20-30 mins.
- Sweet potato wedges: either use as a jacket, pierce skin and oven cook until inners are soft, or cut into thick wedges and cook as above
- Pasta sauce: sauté onions & carrots, add tomatoes pearl barley & lentils and add some water to loosen the sauce. Cook until all vegetables are tender, blitz if your child prefers a smooth sauce
- Salad: dice up cucumber, remove the seeds to prevent the cucumber from going wet. Dice up half a tomato & half a spring onion (add boiling water to the couscous and cover for 10 mins) mix in with the salad.
- Pizza: this pizza will need cooking for 15 -20 mins until the base is crisp and the topping has melted.
- Mash potatoes: use either white or sweet potatoes, or a mix of both cut into small cubes, boil and mash with a little milk. Topped with the sausages and add the peas or sweetcorn

Please remember that if you do not wish to have a hamper made up for your child, then please send an email to finance@cirencesterkingshill.gloucs.sch.uk to let us know and we will remove you from the list.

Please note that, due to staffing changes during lockdown, the kitchen will be open for the collection of hampers from 9.30am until 12.30pm on Friday 22nd January 2021 and Friday 5th February 2021.

The kitchen team thank you for your support in making these hampers work.

Yours sincerely,

Mrs S Gardiner
School Business Manager

Mrs C Rendell
Kitchen Manager, Aspens Services

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