

GOVINDA'S

Vegetarian School Meals

We at Govinda's aim to provide a catering service to Avanti Trust Schools with the ethos of the Avanti Trust in mind. All our nutritional and healthy meals are carefully prepared by our staff and cooked freshly on site daily. We use local suppliers where ever possible. Throughout all our kitchen we hold a 5-star food and hygiene rating from the local authorities.

SCHOOL MENU



AVANTI MEADOWS

PRIMARY SCHOOL

The menu has three options of which you or your child has an option to decide, accompanied by a dessert of the day, pupils can take as much salad they require and fresh fruit at each meal. The menu is created with feedback and taster session involving pupils, parents and staff. Our in house nutritionist Arpita Jain, then analyses the menu to ensure that we are compliant with legislations. We accommodate for all allergies within our menus, unless dining at the school would be a great risk. All allergies need to be approved by a medical note from your GP.



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NUTRITION

Govindas follow the guidelines set by the Government in conjunction with The Food School Plan. The food school plan is based on a basis that one third of the student daily meal is nutritionally balanced at school. As the vegetarian diet is in some areas deficient in vitamin B and D, minerals and Omega 3, we have been working with West London University to look at the nutrition balance of our menus. Introducing new dishes and ingredients using products such as quinoa, flaxseed, pumpkin, sunflower, Vitamin D milk and many more products to give a more nutritional and balanced meal to the students. We are currently using alternatives to sugar, such as using date syrup, agave nectar and other natural sugars.



Arpita Jain

M.A., M.Sc, is a Nutritionist and Trainer at Govinda's, Avanti Schools Trust. Arpita studied Food Science & Nutrition Management from the prestigious college, J. D. Birla Institute affiliated to Jadavpur University, India. She is a Gold Medallist and has won awards for "Best Presentations". She is a student member and university representative of the Institute of Food Science & Technology (IFST) & currently pursuing double masters in Food Business Management at the University of West London, UK where she is the recipient of International Student Ambassador Scholarship. She is extremely fond of teaching the principles of healthy eating and nutrition to help children make healthy food choices. Till date, she has covered topics such as Food labels, Importance of drinking water, Let's eat a rainbow, Eatwell guide, Sensory science and continues to explore other interesting topics.

OUR NUTRITION EXPERT

MORE ON
NUTRITION

Personnel Overview:

Chef Manager

Suman Mandal

Suman has a great calm approach to work and life, very career-minded, and always going the extra mile for the client and pupils. He is an international chef having worked in restaurants and schools in England, India, and Italy including the Michelin Star restaurant Joya in Torino. In 2018 joined Avanti and worked as Chef in Pinner High School then due to this hard work and quality of workmanship was promoted to Production Chef in the new Avanti House Secondary School. Suman gained and learned fast the various styles of catering and brought his worldly knowledge to the menu.

With the opening of Avanti Fields in Leicester Suman was promoted to Chef Manager and helped with menu development which was finalized with the input from Parents and Pupils. He can communicate at all levels and interacts with pupils to get feedback, and find their likes and dislikes with taster menu samples for the next round of menus.

Suman is now looking to move to Hertford and settle with his family, Avanti Meadows School would be enhanced by his culinary skills and approach to life. He is a humble man always willing to learn and pass on his skills and knowledge.

Qualification:

Production Manager (HIT) / Food Safety Level 3 / Allergies

First aid / Fire Warden / Health & Safety / Safeguarding

Procurement System Manager

THEMED DAYS

We are consistently working to create Theme Days menus, along side the school criteria and curriculum. Theme days such as Chinese New Year, St Georges Day, etc



COMMUNICATIONS

between us & students

We are constantly looking at ways to improve, so our relationship with the students and parents are very important. We will have parents meeting, food tasting sessions and feedback. We would like to arrange meetings with the school council/forum who have representatives of each year and conducting surveys to get further feedback. We will be publishing a newsletter to keep both parents and student informed with menu/recipe developments and how the pupils are responding to the changes with the menus.

We are always looking to improve the food we love to cook and create, our teams of catering staff are passionate about feeding your children and encourage them to have a full balanced meal everyday.

We have created a contact email so that you can contact our senior management team & nutritionist regarding any questions that you may have regarding school meals and menus.

We have reviewed the process of the way your child places their order of the meal option and we are working with the school to look at the way in which you order your child's meal. A system will allow your child to select their meal choice and this will be sent to the kitchen staff with the child's choice and a teacher will support the child during the lunch to ensure they are given the meal that they have.

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www.govindas.com