

## **School Food Council**

### **Meeting minutes**

**19/09/2017 at 13.30**

#### **Led by Mr Goodwin and Mrs Jones**

- **Welcome to Food Council Representatives from Mr Goodwin**

**Year 1: Molly and Dylan**

**Year 2: Abdul-Haman and Sophie**

**Year 3: Matilda and Will**

**Year 4: Karina and Zenna**

**Year 5: Harjas and Radost**

**Year 6: Nabiha and Freya**

Reminder that we talk about the menus and theme events for school in Food Council. We all help decide what happens plus anything else you would like to discuss and a chance to share samples of different foods that might go on future menus. The meeting agenda will be sent out before the meeting and paper copies will be shared with children and staff before the meetings.

If your class would like to share any ideas for foods for menus please bring them along to the meeting.

#### **Food tasting:**

Mr Goodwin gave out samples of a new recipe he is thinking about putting on the menu.

#### **Feedback from pupils:**

Apple and Cinammon cookies were delicious, everyone really liked them, perhaps make a little bit smaller.

- **Feedback on yoghurt bar**

The yoghurt bar has run every Tuesday and Thursday this term. Fruit based topping or biscuit. Food Council had picked the yoghurts and toppings we chose in the Summer meeting. Most children said they like the yoghurt option. A couple of children don't like the fruit topping as much because of the blackcurrant pieces. One pupil said they felt the yogurt was too creamy.

7/11 pupils on council that have tried the yoghurt pudding like it. Biscuit topping is currently the most popular. Sophie mentioned that she does not like the creaminess of the yoghurt.

Freya asked- could we have natural yoghurt or greek yoghurt across the school and see which people like the most one week? She noted that more of her friends in Year 6 are choosing to have fruit as a pudding now, so the plan to make our pudding choices healthier is working!

Blackcurrant- 7 children tried the blackcurrant today and 5/7 liked it. Two toppings- have to be chosen as there are cost implications and speed of serving problems if we have more.

Children said some of their friends were nervous about trying the jam because of the blackcurrants. If it was more of a puree it might be more popular. Mr Goodwin to try to puree next time.

Radost asked if children could be asked whether they want the topping. Sometimes at the moment bowls are premade with the toppings to speed up the service- if you would like one without one of the toppings remember you can ask.

Yoghurt will be on the winter menu.

We are going to continue with this as we are committed to making the puddings more healthy to support the government initiative announced in the summer term.

- **Plans for The Big Soup Share 02-08 October**
- We will need to have decided the Thursday before the Soup week for menu choices.

Nabiha- could we do one soup on the deli choice, so that we have the other choices, not for the veggie option.

Freya- could we do a vote? Choose the most popular soup choices and everyone votes.

Mr Goodwin asked if we have soup as the deli option every single day, and your choice would become the choice for the day.

Recipes.

Year 1 and Year 2 to all choose one together for one of the days.

Years 3,4,5 and 6. Come up with soup and a recipe for their favourite choice? They will then have their choice on the menu for one of the days. ( one day for Year 3, one day for Year 4, one day for Year 5, one day for Year 6).

One day for each class to have their choices.

Three other choices will still be available for pupils who do not like soup: meaty, veggie and sandwich.

- **Look at menu and Ideas for Diwali theme lunch**
- Miss Evans to sort out music for the theme lunch.
- Festival of light- what decorations could we have? Could we have Christmas lights or lamps ( made) as a table decoration?  
Paper lanterns or flower decorations?
- 19<sup>th</sup> October is the theme day- the week before we will make the table decorations as a special Food Council meeting.

**Quick review of the planned menu for the theme lunch-**

Sweet smoky taste for the samosas. We have had this before. Pupils were all very positive about this.

Thin sweet pancakes with orange blossom syrup.

Delicious looking menu, children are really looking forward to this exciting menu ( please see below minutes for the meeting for the food choices).

Mrs Jones thanked Mr Goodwin for the huge effort he has put in to research an exciting menu for this theme day. Mr Goodwin explained that he has tried to make sure the choices are not too spicy.

- **AOB**

**Badges for Food Council-**

Mrs Jones has asked Miss Evans and she is organising the ordering of new badges. They should be ready for the next meeting.

**Curzon Court**- we would really like to continue to invite them to lunch. Could we invite them for one of the theme lunches or soup share. Nabiha asked if when we have theme topics- could they come to help us? Think about more opportunities to come into school.

**Menu will be changing after half term to the Winter menu. Not yet completed, Mr Goodwin will send it out soon. It will be similar to last year.**

**\*\*PLEASE BE ON TIME TO THE MEETING TO HELP US FIT EVERYTHING IN WE WANT TO DISCUSS\*\***

**Thank you.**

## **Diwali Themed Lunch**

### **Butter Chicken Masala**

A mild and creamy curry from Delhi in India

Or

### **Vegetable samosas with Raita**

A crispy triangle pastry filled with vegetables originally from Iran  
then brought to India by merchants in 1200AD

Or

### **Lightly Spiced Paneer Toasty**

A cottage cheese melted in crispy toast which is popular in South  
Asia

### **Jeera Rice**

Boiled rice scented with Cumin seeds from Pakistan and north India

### **Sweetcorn Poriyal and Achaari Aloo Gobi**

Golden sweetcorn and Cauliflower seasoned with fragrances of Asia

### **Warm Naan bread**

### **Patishapta with Orange Blossom Jaggery**

Light Pancakes popular in Bangladesh drizzled with sticky sweet Palm  
sugar syrup flavoured with Orange Blossom.