



Innovate IFG

HAPPY Holidays

**We hope you have had a productive term
and are going to have a restful time over
the holidays. From all of us at Innovate, we
wanted to wish you Happy Holidays and all
the best for the New Year.**

Here's a Scottish Tablet recipe for you to try this Christmas!

- 900g granulated white sugar (Yes, that much sugar!)
- 250ml of full-fat milk
- 1 tin of sweetened condensed milk (397g tin)
- 85g butter

Using a large pan start by melting the butter, sugar and milk together, keep stirring to avoid catching on the bottom.

Then once melted, add the condensed milk.

Bring to a brisk simmer, mix will expand and boil over if you don't have a big enough pot.

Once it starts to darken, (or reaches 120°C) take it off the heat and stir continuously for 10 minutes (or place in a mixer) until it starts to cool and thicken

Once thickened, pour into a lined tin and cool for 2/3 hours, then mark out the lines of your portions before putting in the fridge to set.

(If your tablet didn't set then it means you didn't get the mix hot enough). You're looking for a crumbly consistency, not to be confused with fudge.

AWESOME THEME DAYS COMING UP THIS SPRING

JANUARY

FEBRUARY

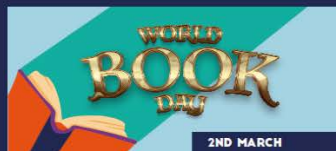
MARCH



JAN 31ST - FEB 2ND



1ST FEB



2ND MARCH



9TH - 20TH JAN



4TH - 10TH FEB



7TH - 9TH MARCH



21ST FEB



20TH - 31ST MARCH



ASIA



CONSISTS OF:

China, Indonesia,
Pakistan, India,
Japan, Vietnam,
The Philippines,
Bangladesh,
Thailand, Nepal



AFRICA



CONSISTS OF:

Nigeria, Ethiopia,
Egypt, Tanzania,
South Africa,
Kenya, Uganda,
Sudan, Algeria,
Morocco, Angola



Innovate



DON'T MISS OUT ON **FREE** SCHOOL LUNCHES EVERY DAY!

Innovate provide delicious, nutritious meals every day in your school. Our chefs cook everything fresh each day with a huge choice at break and lunch.

Amazing food with loads of choice and an exciting modern twist is what we're all about. Don't just take our word for it, have a look at the sample menu overleaf!

FREE SCHOOL MEALS - WHY YOU SHOULD USE IT

Free school meal funding can bring over £400 a year of fantastic fresh food.

If your child is entitled to Free School Meals, the allowance means that they can choose one of our **GREAT MEAL DEALS** at breaktime or lunchtime. This will be completely **FREE OF CHARGE** up to the free meal allowance with no extra to pay. We only ask that their choices consist of a balanced meal.

Confidentiality is ensured as the allowance is automatically loaded onto your child's account. They then use their balance in same way as all our customers with their card or the biometric system. You can also add extra money on to their account, if you wish, which does not impact on the funding at all.

IF YOU'RE ELIGIBLE, DON'T MISS OUT! IT'S A COMPLETELY **SAFE AND DISCREET WAY FOR YOUR CHILD TO ENJOY A **DELICIOUS** LUNCH EVERYDAY**

To find out if you are entitled then visit
www.gov.uk/apply-free-school-meals



SO MUCH CHOICE



You can **choose from a great range** from modern and traditional main meals from roasts and curries to international street foods with stir fries, noodles pastas, burritos and wraps all made from fresh ingredients every day. There's a great selection of vegetarian and vegan meals plus a tempting salad bar and hearty fresh soups.

You can choose from our wide range of fresh, tasty meal deals up to the free school meal allowance at break or lunch **free of charge.**

All we ask is that they are nutritionally balanced **e.g., Main meal and dessert, hot wrap and flapjack or a baguette and a drink.**



OUR MENU



WEEK 3

Classic Favourites MONDAY	SOUTHERN STYLE TUESDAY	Great British Roast WEDNESDAY	KURRY THURSDAY	Fish & Chips FRIDAY
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MAIN MEAL	CLASSIC BEEF BOLOGNAISE 50/50 Pasta	HOUSE RUBBED JERK CHICKEN Rice & Peas	ROAST TURKEY Yorkshire Pudding, Gravy	THAI RED CHICKEN CURRY	BATTERED FISH/ SALMON FISHCAKES Chips
VEGETARIAN MEAL	ROASTED PEPPER & QUORN MOUSSAKA	MIXED BEAN ENCHILADA Rice & Peas	CAULIFLOWER CHEESE & GREENS PASTA BAKE	VEGETABLE BALTI	BEAN BURGER Chips
VEGETABLE	SWEETCORN MIXED SALAD	SWEET CHILLI SLAW	SEASONAL VEGETABLES MIXED SALAD	LIME & CORIANDER SLAW	BEANS GARDEN SALAD PEAS
PASTA POTS	TOMATO & BASIL				
	QUORN BOLOGNAISE	CARBONARA	PESTO	ARRABIATA	CHEESE SAUCE
JACKET POTATO	TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS				
DESSERT	APPLE & BERRY PIE Vanilla Sauce	WARM CHOCOLATE BROWNIE Chocolate Sauce	JAM SPONGE Custard	PANCAKE BAR Fruit Toppings	BANANA BREAD & BUTTER PUDDING Custard
FRUIT	SELECTION OF FRUIT AVAILABLE DAILY				
YOGHURT POTS	SELECTION OF YOGHURT POTS AVAILABLE DAILY				

TRY OUR HOME-MADE

SOUP

WITH FRESHLY BAKED BREAD

LOOK OUT FOR

AMAZING BLUE DOT

MEAL DEALS

PIZZAS, WRAPS & PANINIS

FRESH OPTIONS

EVERY DAY

ALL OUR

MEAT

IS HALAL

LUNCH MEAL DEAL

Check out what's on offer today!

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WATCH OUT FOR OUR

POP UP

& STREET FOOD PROMOTIONS

All of Our Deli Range, Sandwiches, Salads & Desserts are

FRESHLY MADE

HERE DAILY

