

Veganism within schools

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The aim



To promote healthy eating and wellbeing through the provision of balanced plant based menus, using local, fresh and seasonal produce.

Plant Based School Menu





Development



- Working with suppliers to source products & develop new ideas
- Working on new ideas with help from pupils to ensure acceptance of the new menus
- Little Green Devils at Forest Green Rovers Football Club
<https://www.youtube.com/playlist?list=PLWsC76TWdLMVJnAefKUKF63-wO6OSRRdz>
- Blind tasting sessions of new menu items with pupils

A collage of various vegan dishes. In the top left, a clear plastic container holds several golden-brown fried items. In the top center, a white rectangular container is filled with a colorful salad of diced tomatoes, green onions, black olives, and fresh cilantro. To the right, a black plate features two pieces of pan-fried tofu. In the bottom left, a white bowl contains a pasta salad with penne, avocado, cherry tomatoes, and fresh basil. In the bottom right, a sandwich is being prepared on a wooden cutting board, featuring a slice of bread, lettuce, avocado, and a sesame seed bun. The text "VEGAN SCHOOL LUNCH" is overlaid in the center in a large, white, outlined font.

VEGAN SCHOOL LUNCH



Menu's




- Balanced menus with the same nutritional values, protein levels and pupil acceptance as a standard menu
- Sourcing suitable plant based produce (nut free) to replace meat, fish and dairy in school kitchens
- Easily identifiable meals that pupils can relate to and will eat





Sample Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
	Tomato and Herb Sauce Bolognaise Ragu Penne Pasta	Vegetable Chilli with Black Beans Quorn Burger	Linda McCartney sausages, onion gravy Vegetable Wellington	Aubergine Katsu Curry Chana Masala Dhal	Margarita Pizza Fishless Fingers
	Garlic Bread Slices Broccoli Carrots	Jacket potato Sweetcorn Baked Beans	Roast Potatoes Green Beans Carrots	Rainbow Rice Peas Cauliflower	Potato Wedges Vegetable Medley
A salad bar, homemade bread & fresh fruit will be served daily					
	Cocoa Cracknel	Seasonal Fruit Crumble	Fresh Fruit Salad	Coconut & Strawberry Sponge	Butterscotch Mousse
<small>ADDITIONAL MENU OPTIONS AVAILABLE DAILY</small>					
Vegan Menu				MADE FRESH	

Achieving buy in





Support from Parents



- Informing parents of the changes, the reasons why, timescales and the benefits of the changes
- Asking parents to be involved with the new food and menus
- Food sampling of new menus
- Vegan recipes packs for use at home



Acceptance from Children



- Producing food that the children recognise
- Getting the children involved [#allaboutthekids](#)
- “Seed to Plate” & “Farm to Fork”
- Interactive cookery days in our Development Kitchen
- Visual acceptance with vibrant foods



The journey so far...





Stages



- Initial concept
- Planning & development
- Sampling & acceptance
- Gradual implementation
- Promotion
- Involvement
- Evolvement

One step at a time...





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