



WILLINGTON PREP

WIMBLEDON

NEW CATERING PARTNERSHIP AT WILLINGTON PREP

CATERING INFORMATION FOR PUPILS AND PARENTS

thomas franks





FRESH FOOD



LOCALLY SOURCED



THOMAS FRANKS

FOUNDED ON THE PRINCIPLES OF HONESTY, TRUST AND LOYALTY

“There is an honesty in the food we serve and one which will benefit your pupils. The kitchen will be a hive of activity where all the dishes and ingredients are freshly prepared and even the salad dressings are made from scratch. The only frozen food permitted will be sweetcorn, peas and puff pastry; everything else will be made from natural, raw ingredients.

Our food is freshly cooked using healthier cooking techniques such as stir-frying, steaming and baking, rather than frying or boiling. We reduce salt by flavouring with herbs and spices and we reduce sugar by flavouring with dried fruit and the natural sweetness of honey and root vegetables.

Part of the way we encourage healthy eating is to provide beautifully cooked food with plenty of variety and fresh fruit and vegetables, but we also use hidden vegetables or disguise them with delicious sauces.”

Frank Bothwell, Founder



NUTRITIOUS



FLAVOURSOME





LOCAL, SEASONAL AND DELICIOUS MENUS

At Willington Prep, it is believed that a healthy mind and body are vital to success at school and developing a commitment to a healthier lifestyle will be of lifelong benefit to the pupils.

Thomas Franks are delighted to announce that from September 2019 we will be working in partnership with Willington Prep to realise this belief. Thomas Franks will deliver delicious fresh food from local, family-owned suppliers, to ensure your children have nutritious and flavoursome meals. Thomas Franks will be providing all of Willington Prep lunches.

Alongside a creative and delicious series of new menus, we have a number of interactive initiatives to involve the whole school community in the new partnership.

SOME OF OUR KEY GOALS

Every day the menus will include a wide variety of ingredients and cooking styles to ensure that the pupils receive a balanced diet and learn about a wide range of foods.

They will feature a superb array of delicious soups, wholesome main courses and interesting puddings, plus a wide range of fresh salads and fruit. Freshly baked bread, Thomas Franks' signature offering, will be another welcome addition.

The menus will be planned by the Thomas Franks' development chefs, with assistance from their company nutritionist, to meet the specific needs of the pupils so that they can focus on achieving their best, whether in the classroom or on the sports field.



FRESH FOOD



LOCALLY SOURCED



LOCAL AND SEASONAL INGREDIENTS

All of the meals will be freshly made on site using farm-assured meat, sustainable fish and seasonal fruit and vegetables, often locally sourced. Local suppliers bring us the best of each season's produce. Eating with the seasons encourages a varied diet as we are not sourcing the same ingredients all year round for example ripe and juicy tomatoes in summer, sweetcorn in autumn and root vegetables in winter. This means that our chefs have a wide variety of ingredients with which to design imaginative and tempting menus. As parents, you can be confident in the provenance of the ingredients being used and reassured that your child is having wholesome and healthy choices.

WORKING TOGETHER

Children with special dietary needs will receive a new offer, also freshly made, which will be a modified version of the main menu. Parents who have questions or concerns about allergens or any aspect of nutrition will be able to call upon the expertise of the Thomas Franks' company nutritionist, Julia Hayes.

Feedback is hugely important to us. We will sit in on the pupil councils and listen to pupils' requests and feedback. A 'you said we did' feedback guide will mean that pupils and parents can see what actions we have taken.

**THOMAS FRANKS LOOKS FORWARD TO WORKING WITH WILLINGTON PREP,
MEETING THE PUPILS AND THEIR PARENTS AND MOST IMPORTANTLY OF ALL
PROVIDING DELICIOUS FOOD.**

MEAT FREE MONDAY

SOUP OF THE DAY

Celery and potato with
homemade bread & toppings

DISH OF THE DAY

Mac and Cheese Bar
with
toppings, feta, roasted toms,
kale, caramelised butternut

SIDES

Garlic bread &
sundried tomatoes,
green beans,
corn on the cob

PASTA BAR

SOMETHING SWEET

Willington Prep lemon
and blueberry mess

Watermelon & pineapple
Yoghurt bar with toppings

TUESDAY

SOUP OF THE DAY

Pea with
homemade bread & toppings

DISH OF THE DAY

Sausage casserole
with carrots and onions

VEGETARIAN

Quorn sausage casserole
with autumn vegetables

SIDES

Buttery mash
Peas, roasted carrots

JACKET & SWEET POTATO BAR

SOMETHING SWEET

Lemon blueberry and white
chocolate sponge topped with
lemon glaze

Cantaloupe and honey dew
Yoghurt bar with toppings

WEDNESDAY

SOUP OF THE DAY

Carrot and coriander with
homemade bread & toppings

DISH OF THE DAY

Chicken Katsu curry
with poppadoms

VEGETARIAN

Butternut and spinach
curry with chickpeas

SIDES

Steamed rice with raita
& mango chutney
Broccoli, curry roasted
cauliflower

PASTA BAR

SOMETHING SWEET

Orange chocolate brownies

Watermelon and grape
Yoghurt bar with toppings

SAMPLE MENU

THURSDAY

SOUP OF THE DAY

Roasted tomato & basil with
homemade bread & toppings

DISH OF THE DAY

Roast gammon
with apple sauce

VEGETARIAN

Creamy root vegetable
and leek gratin

SIDES

Crispy Yorkie's,
roast potatoes,
cauliflower and broccoli bake,
baton carrots

JACKET & SWEET POTATO BAR

SOMETHING SWEET

Apple and blackberry
crumble with custard

Pineapple, kiwi and grape
Yoghurt bar with toppings

FRIDAY

SOUP OF THE DAY

Spring vegetable broth with
homemade bread & toppings

DISH OF THE DAY

Fish cake & chips with
all the trimmings

VEGETARIAN

Battered halloumi burgers
with a brioche bun

SIDES

Shoestring fries with
tangy tomato sauce
Peas

PASTA BAR

SOMETHING SWEET

White chocolate chip cookies

Orange and watermelon
Yoghurt bar with toppings





CONTACT US

If you would like to know more about our delicious food, using fresh, seasonal produce, please visit our website or feel free to speak to a member of our team.

www.thomasfranks.co.uk

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FRESHER FOOD, FRESHER THINKING

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