



FRESH START OFFER HOME COOKED NUTRITIOUS, TASTY FOOD WHILST SUPPORTING THE LOCAL COMMUNITY

We don't want to be the biggest, just the best, using the best produce, employing the best people and offering the best customer service.

In 2007 Fresh Start was founded with a vision to provide senior and primary school children with fresh, nutritional and healthy "home cooked" meals.

Fast forward to the current day; that gusto for healthy eating gathered momentum and Fresh Start is now a small but perfectly formed, passionate company serving up hundreds of delicious, varied and balanced meals across the UK.

OUR FOOD:

We cook from scratch and we mean it! All our meals are freshly prepared on site everyday.

We source our produce locally where possible and make our food using raw ingredients.

No nasties in any of our meals!

Every menu we create is packed full of flavour, being healthy and balanced does not have to mean being bland and boring.

CENTRE OF EXCELLENCE:

Fresh Start are in the fortunate position as part of the 'Absolute Taste Group' to have the very latest, state-of-the-art training kitchens. We have the opportunity to work alongside some of the top chefs in the country to develop new menus for our schools. The training kitchen allows us to support and guide new cooks and chefs with their school menus training up to 10 cooks at the same time.

We are the only company in the UK with this kind of resource.

SPRING TERM 2023

WEEK A

2 Jan

23 Jan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Pesto Pasta (VE)	Beef Chilli and Rice	Roast chicken, stuffing and roast potatoes	Sausage plait with crispy diced potatoes	Fish Fingers and homemade chips
 Cheese and vegetable puff	Cheese and Tomato Pizza	Sweet potato and spinach curry (VE)	Quesadilla	Roasted vegetables with savoury rice (VE)
 Jacket potato with a selection of toppings	Jacket potato with a selection of toppings	Jacket potato with a selection of toppings	Jacket potato with a selection of toppings	Jacket potato with a selection of toppings
 Deli option with a selection of breads and fillings	Deli option with a selection of breads and fillings	Deli option with a selection of breads and fillings	Deli option with a selection of breads and fillings	Deli option with a selection of breads and fillings
Yoghurt and honey/fruit	Banana bread	Fruit Jelly	Chocolate Oat slice	Yoghurt with honey/fruit

Fresh fruit is served every day. Seasonal vegetables are available with all meals as well as access to the salad bar along with our homemade bread, baked in your school kitchen. Where possible, we buy locally sourced produce. All our meat is high welfare and our eggs are free range. Our spreads and cooking fats are vegan.

Last update: 16:45 | 05/12/2022

ORDERING:

We take the hassle out of ordering and paying for school meals for both parents and our schools with our Meal Manager system used on our website.

- ✓ We regularly run workshops and taster days
- ✓ Educating and ensuring that children and parents understand where their food comes from
- ✓ Making food fun and interesting
- ✓ Training the team on new menus and recipes
- ✓ Parents can join in learning new skills to use at home
- ✓ Monthly 'Theme Days' and events around food, inspiring our pupils to get involved and learn more about food and its provenance



For more information please contact us on:

T: 01869 226675

E: support@freshstartcatering.uk

<https://freshstartcatering.uk>

Fresh Start Catering, Unit 2 Bicester Park,
Charbridge Lane, Bicester, Oxon, OX26 4SS



A LITTLE MORE ABOUT FRESH START

INNOVATION

Critical to any catering operation is the innovation and the ability to keep our food and service offers exciting. Our operations teams will work tirelessly to keep the services fresh and exciting. I have outlined within our proposals our recommendations for each school.

SUMMARY

In summary, we believe that Fresh Start can really add value to catering services. We combine the very best of both worlds as an owner-managed independent company which will give you a personal service that is innovative and proactive in developing catering services. Our uncompromising high standards sometimes means we do not fit with all schools especially if cost saving is high on the list of priorities.

Andrew Howarth
Managing Director

Fresh
Start



Fresh Start MEAL MANAGER Late Orders



JACKET POTATO
OR DELI COUNTER



MEAT, FISH, VEGETARIAN
OR VEGAN DISHES



SAME DAY

Make your order by
9am Monday to Friday
for same day meals



NEXT WEEK

Make your order by
12noon Thursday of
this week for next
week's meals

SAME DAY

NEXT WEEK

REMEMBER TO PLACE YOUR ORDER ON MEAL MANAGER
mealmanager.freshstartcatering.uk

