Introducing Lexington Independents, Your New Caterer At Leicester High School For Girls

LeicesterHigh SCHOOL FOR GIRLS

lexington independents

NURTURING APPETITES



Lexington Independents at Leicester High

Lexington Independents are thrilled to have taken over the catering services at Leicester High School For Girls.

Our award-winning sister company, Lexington Catering, has nearly 20 years of experience providing catering to some of the most prestigious names in business including Rothschild, Lloyds of London, BNP Paribas, Savills and London Business School.

In 2019, we saw a gap in the Independent School market for a quality-focused new entrant, delivering exciting, healthy, innovative food that inspired parents, pupils and teachers alike. To propel catering into the heart of school life, Lexington Independents was born.



The Catering Services at Leicester High

Our vibrant menus, food trend innovations and proactive engagement with the school community will ensure food and drink sits at the very core of the pupil experience.

Our business is driven by happy, motivated and empowered people. The service we provide across the school is delivered by an engaged, friendly and diligent team, to meet the needs and expectations of our guests.





Our Food Ethos

We know the crucial role that food can play in a pupil's ability to learn, develop and ultimately flourish.

Food isn't simply fuel, it's critical to creating happy, healthy and inquisitive young minds.

Our menus are developed with our in-house team of nutrition and dietetic experts to ensure we support pupils, parents and schools in nurturing healthy eating habits across all age groups.

Our flavour-packed menus take inspiration from the latest high street trends, big global flavours, and of course British classics - ensuring we can win over even the fussiest of eaters.

We take great care to source our food from British farms that practice ethical and sustainable farming methods and work with suppliers who deliver great-tasting quality produce all year round.



Allergen Management

At Lexington Independents, your child's health and safety will always be of the utmost importance to us. Our teams receive allergy training annually, and whenever there's an update to allergen laws.

In our prep schools, having accurate information about dietary needs and allergies is crucial for us to prepare and serve meals that meet their requirements. Our nutrition team and catering team work together and follow a robust process, so you can feel reassured that whenever safely possible, an alternative menu will be provided.

Our guide 'Medical Diet Menus - A Guide for Parents, Guardians & Carers' contains further information about the medical diet process for prep schools and includes step by step instructions for you to record this information to ensure we are fully aware of any medical diet requirements.

In our senior schools, our catering team will provide accurate allergen information to your child. We ask that your child speaks to the team if they want to know about specific allergens so that they are able to make an informed, safe choice.

Pop ups

Our Pop Ups are always a highlight for clients and pupils alike. Every Pop Up is different to the last but the fun and learning factors remain. From our fabulous Casual Dining Competition winners to Jim Jams delicious nut free and no added sugar chocolate spread, we will regularly bring a wide variety of suppliers and concepts to Leicester High to engage and excite the pupils and staff.

Theme Food Days

We will bring the finest selection of Lexington's customised Theme Days to Leicester High School, adding variety and excitement to the dining experience. These Theme Days are carefully tailored to align with current trends and our understanding of the pupils interests and educational needs, ensuring that they are not only incredibly delicious but also generate enthusiasm throughout the building. With visually impactful Pop-Ups and Seasonal Chefs Tables, we aim to foster interaction between your pupils and our team.



Recent Case Study

Smoothie Bikes: "Students put the pedal to the metal as they blended fresh fruit into delicious smoothies. They also tried nutritious energy balls and tested their knowledge with a food waste quiz. Do you know how many slices of bread would be saved from ending up in the bin if everyone in the UK froze their bread? 20,000,000 slices!"

Food Education

As caterers within the school environment, we are acutely aware of our responsibility to not only provide pupils with healthy and nutritious food, but to help educate them to make better choices around what goes in their body, where food comes from and why we need to eat a healthy and varied diet.

We are committed to providing children with the knowledge and skills related to food, nutrition and sustainability to help and inspire them to build a foundation for a healthy, sustainable, and fulfilling relationship with what they eat, what they buy and what they cook throughout their lifetime.

As we have previously mentioned, we have a wide range of subject matter experts within our ranks, and they work together to provide pupils with interesting and engaging education sessions around the subject of food. Our Nutritionist, Leah Corper, will be available to the pupils of Leicester High School for Girls to facilitate a range of sessions and other individuals such as members of the food team and the sustainability team will link in with Leah as and when required.

Our Approach to Healthy Eating

Encouraging Healthy Options - Through our menu design we heavily encourage pupils to make healthy food choices. Our teams work hard to bring High Street concepts to counters, ensuring the pupils have a wide variety of lunch and snack offerings, and to further encourage the older pupils to purchase their lunches and snacks within the school grounds, rather than bringing their own in.

We are a caterer who places high value and a huge amount of pride on providing healthy dishes with minimal use of ultra processed foods. As such, we prepare 95% of our dishes on site, using fresh and locally sourced ingredients. Our culinary teams are trained in the delivery of healthy, nutritious and balanced menus, and are supported by our experienced team of nutritionists and dietitian who help in the creation of menus. Together, they work to design menus which support pupils with their learning and development throughout not only the school day, but through life itself.

Our team prepare all of our food concepts to be as healthy as possible, whilst still tasting great. Through our 'Health by Stealth' concept, these positive changes go unnoticed by the pupils but are designed to help support their health and wellbeing. For example:

- Levels of fat particularly saturated are kept to a minimum
- Levels of salt are kept to a minimum
- Levels of sugar are kept to a minimum
- A variety of healthier drinks are available
- Healthier snacks and grab & go options are available
- A choice of fruit and vegetables are available and they are incorporated as part of dishes wherever possible
- High fibre ingredients and wholegrain cereals are used wherever possible



Lunch Menu Week 1:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato & basil	Sweetcorn chowder	Summer minestrone	Carrot & coriander	Cream of mushroom
MAIN	Chicken sausages, crispy onion, gravy	Butter chicken curry, naan bread, pilaf rice, raita	Slow cooked beef lasagne	Greek chicken shawarma, flatbread, tzaziki	Battered fish fillet tartar sauce, lemon
VEGGIE MAIN	50/50 Pasta, tomato & basil sauce, herby garlic bread	Cheddar cheese & caramelised red onion tart	Sweet potato & chickpea thai green curry, fragrant rice	Mexican bean & pepper fajitas, sour cream, salsa	Fishless fingers
STREET EATS	Tomato, pesto and mozzarella Panini	Classic beef burger, mayo & relish	Panko crumbed arancini, garlic aioli	Pulled chicken loaded nachos	Margaritta focaccia pizza
SIDE	Southern fried wedges Corn on the cob	Minted new potatoes Garden vegetables	Green beans & roasted tomato, rocket salad	Steamed wholemeal rice with lemon Crunchy garden salad	Chip shop chips Baked beans Mushy peas
DESSERT	Jam doughnuts Jelly, yoghurts & fresh fruit	Carrot cake, cream cheese frosting Jelly, yoghurts & fresh fruit	Mixed fruit flapjack Jelly, yoghurts & fresh fruit	Apple & raspberry oat crumble, custard Jelly, yoghurts & fresh fruit	Selection of ice creams Jelly & fresh fruit
DAILY	Baked jacket potato with toppings Salad bar				

Lunch Menu Week 2:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tuscan bean	Leek & potato	Tom yam	English onion	Chefs choice soup
MAIN	Lamb moussaka, garlic bread	Chicken & leek pie, creamy mash & gravy	Turkey & black bean enchiladas	Kung pao chicken noodles	Battered fish fillet, tartar sauce, lemon
VEGGIE MAIN	Vegetarian hot dogs & toppings	Mac 'n' cheese with crunchy topping	Vegetable & lentil cottage pie	Singapore style vegetable noodle stirfry	Fishless fingers
STREET EATS	Plant power burger, crispy lettuce & tomato	Hot chicken wings, ranch slaw	Mushroom & lentil biriyanni, onion bhaji, cucumber raita	Fish finger baps, shredded lettuce, lemon mayo	Thin and crispy pizza's
SIDE	Skin on wedges Ranch slaw, cumin roasted carrots	Steamed green beans Roasted courgette	Lime & coriander rice Braised red cabbage	Sweet & sour vegetables	Chip shop chips Baked beans Mushy peas
DESSERT	Pineapple upside down cake Vanilla custard jelly, yoghurts & fresh fruit	Mousse & yoghurt bar Jelly, yoghurts & fresh fruit	Banoffee pie Jelly, yoghurts & fresh fruit	Lemon & courgette cake Jelly, yoghurts & fresh fruit	Selection of ice creams Jelly, yoghurts & fresh fruit
DAILY	Baked jacket potato with toppings Salad bar				

Lunch Menu Week 3:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Minted pea	Cheesy broccoli	Curried vegetable	Farmhouse carrot & lentil	Chefs choice soup
MAIN	Chicken sausage toad in the hole, buttery mash, gravy	Lamb kofta meatballs in spicey tomato sauce, orzo pasta	Beef & vegetable stroganoff, Dumplings	Peri peri chicken breast, Patatas bravas	Crispy breaded fishcakes tartar sauce, lemon
VEGGIE MAIN	Mediterranean vegetable flat breads	Chilli sin carne, nacho chips, salsa, guacamole	Plant based sausages, yorkshire pudding, gravy	Falafel burger, roasted pepper & hummus	Fishless fingers
STREET EATS	Sweet potato falafel, hummus, carrot & cucumber wraps	Southern fried chicken burger, cajun mayonnaise, shredded iceberg	Shredded chicken soft taco, lettuce & salsa	Grilled lamb kofta Pickled red cabbage Pitta and tzatziki	Tuna melt panini
SIDE	Morrocan spiced wedges Roasted broccoli	Mexican rice Tomato, red onion & mint salad	Creamy sweet potato mash Sauteed green beans	Southern fried potato wedges Peppers & sweetcorn	Chip shop chips Baked beans Mushy peas
DESSERT	Beeton mess Jelly Yoghurts & fresh fruit	Tropical fruit platter Jelly Yoghurts & fresh fruit	Tiramisu Jelly, yoghurts & fresh fruit	Sticky toffee, salted caramel sauce Jelly, yoghurts & fresh fruit	Selection of ice creams Jelly, yoghurts & fresh fruit
DAILY	Baked jacket potato with toppings Salad bar				

Healthy Eating

Enjoying great-tasting healthy food in early life often leads to healthy eating habits that stay with you.

Working with our Head of Nutrition, Hannah Locket, we ensure that our menus for Leicester High School For Girls are continuously focused on delivering nutritious, tasty and visually appealing healthy meals.

We have a bespoke collection of award-winning healthy eating brands designed to appeal to a range of tastes and needs.



Leah Corper
Lexington Independents
Nutritionist

Veggie BBQ Recipe

Elote - Mexican grilled corn

Ingredients

2 tablespoons ricotta
2 tablespoons mayonnaise
1/2 teaspoon chipotle chilli powder
½ teaspoon of paprika
4 whole corn on the cob with husk
6 tablespoons grated parmesan cheese
1 lime, quartered
Pinch of salt

Instructions

- Preheat BBQ - It's best to cook over fire and coal but a normal grill will do
- Combine the ricotta, mayonnaise, paprika and chipotle powder in a small bowl
- Keep the corn in the husk and grill, turning occasionally
- When the corn is almost cooked pull the husk, season with salt and return to the grill turning occasionally to char the kennels. This should take about 15 minutes
- When cooked spread each corn with one tablespoon of the sauce and sprinkle with the parmesan and then squeeze the lime all over the corn



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Web: lexingtonindependents.co.uk

