29.05.2025

WELCOME TO RADISH

Our aim is to encourage children to discover diverse and delicious healthy tastes through exciting new dishes as well as proven favourites.

You might notice that our menus are kept simple and short in descriptions. This is due to our discussions with our most important clients, the children, who told us they prefer to 'just' know what is in their meals.

We understand the parents might be more interested in smaller print so here is our promise to you.

- We always follow the School Food Standards, and our menus are bespoke to each school.
- At least 85% of our food is made on site by our skilful Radish Catering staff using fresh ingredients.
- In our current main menu, the only bought in food products are vegan sausage rolls, fish fingers, chips/ potato wedges, Quorn products, ham, sausages, naan bread, hot dog rolls and bread for sandwiches.
- All our pasta and rice dishes are made with 50/50 wholewheat pasta or rice.
- Our sandwiches are made using 50/50 white and brown bread.
- We offer a variety of fruit and vegetables daily and across the week, including two daily options of hot side vegetables, a daily versatile salad bar and fruit-based desserts twice per week. We also offer fresh fruit as a dessert option every day.
- All our desserts are low sugar (including yogurts), and we use fruit, where we can, to sweeten our desserts. We use tinned fruit in juice rather than syrup.
- Our puddings are made on site, with the exception of ice cream.
- We use no salt in our recipes. Our chefs enhance the flavour of the dishes by using herbs and spices.

- We limit foods that are cooked in oil, have been battered or bread crumbed or are encased in pastry to no more than twice a week.
- We provide at least 3 different carbohydrate sources per week to ensure variety. We also have homemade bread with no added fat available daily to accompany the meals.
- We offer varied sources of protein to meat eaters and vegetarians alike. We add lentils and beans to our meat dishes to increase the protein, whilst keeping saturated fat levels low.
- We have fish on the menu every week, including oily fish every three weeks.
- We don't serve meat or poultry 'products' (burgers, sausages etc) more than once a week.

We take allergies very seriously and provide special menus for all 14 major allergens, as well as consider case by case any other allergies and intolerances.

We use local suppliers, only use free range eggs, MSC certified fish and meat from farms with higher animal welfare standards. We choose ingredients that are free from harmful additives and never use GM containing products.

We offer added value activities as healthy eating assemblies and food and nutrition workshops.

At Radish, we have several experienced registered nutritionists working for us to ensure all our dishes meet the approval of children, their families and schools.

Our Nutritionists are available to answer any questions you might have.

Contact us at mari.clark@radishallgood.com

Yours sincerely,

Mari Clark

Nutritionist at Radish