

# OLIVE DINING

APRIL 2022

## SUMMER TERM

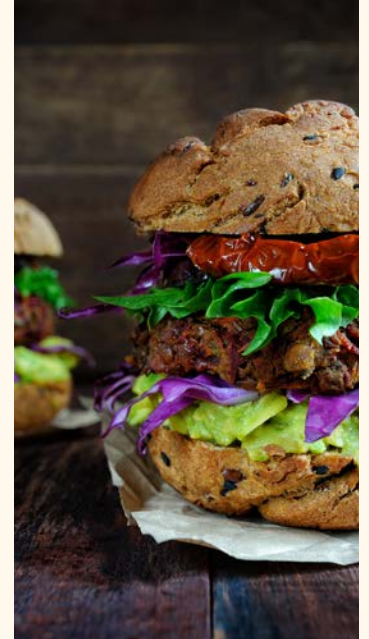
*A little update & welcome back!*

### COMING UP THIS TERM:

**Brand new menus & theme days**

**Healthy eating for healthy minds**

**Seasonal specials**



### *What's New?*

We hope everyone had a wonderful break for Easter, and that everyone is geared up for a new term. We certainly are! We've got brand new menus, more exciting theme days, and seasonal food to keep things fresh and fun.

As always, we're pushing for sustainability: reducing food packaging and waste, ensuring a sustainable supplier chain, and buying local and organic whenever we can from our trusted suppliers.

We won't be slowing down our excellent service for the final term!

We love to hear feedback on the service we provide. Please send any questions or requests to:

[enquiries@olivedining.co.uk](mailto:enquiries@olivedining.co.uk)

or call us on: 01959 564 700

Don't forget to join our online Olive Dining Family as well for all latest news and events.

 [@olivediningltd](https://twitter.com/olivediningltd)

 [@olivediningltd](https://www.instagram.com/olivediningltd)

  
Olive  
dining  
food with passion

# OLIVE DINING

APRIL 2022

Brand New Summer Menus!

Sample Menus:

**SUMMER MENU WEEK 1**

**SUMMER MENU WEEK 2**

**SUMMER MENU WEEK 3**

**MEAL DEAL MAIN & DESERT £2.30**

**MEAL DEAL MAIN & DESERT £2.30**

**MEAL DEAL MAIN & DESERT £2.30**

Go Vegan

Coming up...

Our Special Summer Theme Day Menus:

Street FOOD DAY

26TH APRIL

COME HUNGRY

Olive Dining

April

BBQ DAY

FRIDAY 20 MAY 2022

Olive Dining

May

WIMBLEDON TENNIS

JUNE 2022

JOIN US FOR OUR SPECIAL MENU

Olive Dining

June

OLIVE FRIED CHICKEN DAY

6 JULY 2022

Olive Dining

July

# OLIVE DINING

APRIL 2022

## Brain Food: Healthy Eating for a Happy Mind

With summer term comes exams. Whether they're GCSEs, A Levels, or tests for the end of year, we've got some tips to help!



### DO'S

- Stay hydrated! Over two-thirds of our body is water - dehydration can cause headaches, difficulty concentrating, and dizziness. Not ideal revision conditions! Try to drink between 6 and 8 glasses of water a day. Pay a visit to one of our water stops to refill your water bottle!
- Eat lots of fresh fruit - it's summer, so there's loads in season, much of which is available during our service! Fruit's naturally occurring sugars help maintain blood sugar levels, helping
- with concentration and mood.
- Whole-grains are great - start your day with porridge, or some wholemeal toast - whatever tickles your fancy! Whole-grains like these not only fill you up, but also helps balance your
- sugar levels, which is important for concentration.
- Oily fish is great, providing a punch of omega-3 fatty acid which helps with brain function!
- For vegan sources of omega-3, try avocados, chia seeds and walnuts.
- Eat a balanced diet. Olive Dining provides meals like these every day, packed full of nutrients
- and fresh goodness to fuel your day at school until the evening.

### DONT'S

- DON'T drink *too* much coffee or other caffeinated drinks. Between 1 and 3 cups of coffee a day can be very helpful, but too much coffee can lead to shakiness and difficulty sleeping - this goes doubly for unhealthy and sugary energy drinks!
- On that note, eating and drinking too many processed, sugary foods. These don't adequately fill you up, leading to more time spent snacking than revising. Too much processed sugar can also mean sugar highs and lows, leaving you feeling lethargic and unable to revise effectively.

# OLIVE DINING

APRIL 2022

## What's in Season for Summer?



Spinach.

Dark, leafy greens, such as spinach, are beneficial for skin, hair, and bone health. They also provide protein, iron, vitamins, and minerals.



Raspberries.

For the size of them they are packed with a lot of nutrition! They provide potassium which is essential to heart function, and they are also proven to lower blood pressure.



Courgettes.

These offer a source of potassium. Potassium helps to keep our muscles working properly so we can move around.

### DID YOU KNOW?

Only 18% of school aged children in England actually meet their 5 a day target, averaging only 3 pieces a day!

HOWEVER, for children who eat school meals, the minimum amount of fruit and veg they consume during the school day could be three\*

This means if you let your child have school meals, you only have TWO portions of fruit and veg left to account for at home.... easy peasy lemon squeezy!

\*Based on the School Fruit and Vegetable Scheme and School Food Plan

### FREE SCHOOL MEALS

**Is your child eligible to receive a free nutritional hot or cold school meal?**

**You can find out by clicking onto the government website <https://www.gov.uk/apply-free-school-meals>**