

A new eating experience

*Getting to know
Independent by Aramark*





Nice to
meet you



Let us introduce ourselves

Welcome

It's an exciting time for the High School of Dundee as we embark on this culinary journey together.

Myself, Deborah and the team look forward to working with the School through a collaborative approach to redefine your food offer.

Our team of education experts will be there every step of the way as we work together to make the catering for your pupils the best.

We can't wait to show you what Independent by Aramark can achieve!



Fiona Martin
Managing Director



Deborah Burnside
Regional Operations Director

Dedicated Education Sector Team



Carolyn Downes
HR



Ian McKay
Finance



Dan Kirkpatrick
Culinary



Amy Anderson
Marketing

Introducing Greig Hewitt

With over 20 years' experience in the hospitality industry, he is very much a foodie with great eye for detail.

Greig is an enthusiastic and dedicated catering professional who enjoys being part of, as well as leading a successful and productive team.

Greig is the main Aramark management contact for the High School of Dundee.

Greig Hewitt, Operations Manager



Independent by Aramark

Since 1936, Aramark has long been recognised as the trusted leader in service. We attract talent and clients that share a passion for hospitality.

We're continuously inspired to find new ways to go beyond what's expected and to create experiences that are truly remarkable.

Our team of culinary, marketing and operations experts create dining solutions that are on-trend, nutritious, healthy, high-quality. Ensuring that we deliver a food offer that enriches and nourishes the lives of our customers every day, at every service.

OUR VISION

We're visionary taste makers with a passion to deliver exciting and nutritious eating for independent schools.

As experience creators we're dedicated to partner with you to inspire and fuel future thinkers to exceed their potential, committed to creating a sustainable planet for the next generation of pupils.



TASTE MAKERS

We are visionary taste makers and skilled passionate foodies. We appreciate the importance of fresh, sustainable, seasonal ingredients, to deliver exciting, delicious and nutritious eating for independent schools.

EXPERIENCE CREATORS

We are bespoke experience creators, dedicated to fostering transparent relationships with our clients. Our outstanding environments are designed to be inclusive, contemporary and inspirational. What we do goes beyond food, and we become part of your wider community.

FUTURE THINKERS

We are here to improve pupils focus and performance.

Putting health and wellness at the heart of everything we create, to fuel the body and minds of future thinkers and achievers. We are committed to creating a sustainable planet for the next generation of pupils.

Taste Makers

It's all about the food...

Our ever evolving menus are always designed with insight in mind, from up and coming dishes to classic comfort foods. The menus which our Head of Culinary Paula O'Neill and her team have developed go beyond just meeting the required government standards – they go above and beyond expectations.

Developed by chefs who are bringing up their own children, we understand that what children want goes far beyond just providing what they need. By providing menus that are varied and diverse, look good and taste delicious, we aim to encourage pupils to develop healthy habits with our exciting and engaging offer.



Experience Creators

A collaborative approach...

As your chosen catering partner, we don't just develop the food services but also strive to add value through supporting school initiatives.

We're 'more than food' and our extensive innovation and engagement programme is exactly that!



INNOVATION AND ENGAGEMENT IDEAS



Yearly high-end formal dinners



Food events and competitions e.g. bush tucker trials, bake off



Masterclasses on food and nutrition with dietitian



Pop up office e.g. bubble tea around the world



Pupil Catering Council
Junior / Senior



Year group sessions with subject matter experts e.g. dietitian, marketing, finance



Enterprise life skill workshops e.g. food safety, 'University Survival', nutrition



Supplier sessions
e.g. butcher, greengrocer



Develop a locally-sourced Dundee food item
e.g. sausage, pie



Staff tasting sessions e.g. food, coffee



Debating session on food topics



Linking in with local sports teams



HSoD Kitchen Garden



Annual street food festival 'HSoD Fest'



Student Takeover - menu designed by students

Future Thinkers

Sustainability

At Aramark, we firmly believe in doing great things for our people and the planet.

Our 'Be Well. Do Well' sustainability strategy highlights our goals to make a positive impact on people and planet.

Simply stated, we are working to reduce inequity, support and grow our communities, and protect our planet.

BE WELL. DO WELL.

OUR BE WELL. DO WELL. SUSTAINABILITY PLAN ACCELERATES OUR VISION FOR THE FUTURE

PEOPLE

Enabling the safety and wellbeing of millions of people



ENGAGE OUR EMPLOYEES



BUILD LOCAL COMMUNITIES



EMPOWER HEALTHY CONSUMERS



SOURCE ETHICALLY & INCLUSIVELY

PLANET

Reducing waste and greenhouse gas emissions



SOURCE RESPONSIBLY



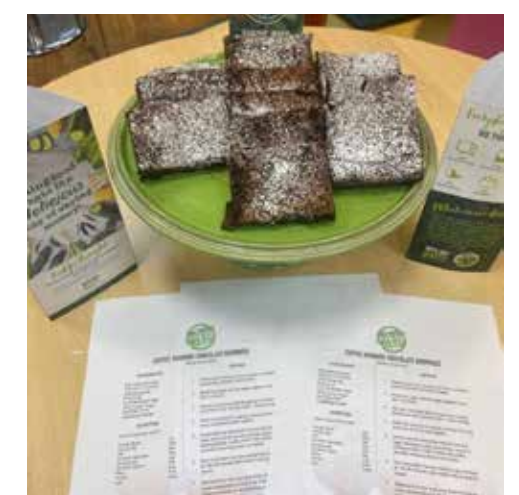
MINIMISE FOOD WASTE



OPERATE EFFICIENTLY



REDUCE PACKAGING



Future Thinkers

Health & Wellbeing

We know wellbeing is so much more than just food, it is reflected in our behaviours, lifestyle choices, and self-care and everything that we do.

Our Wellbeing in Focus (WIF) programme actively encourages our pupils to take wellness into their own hands through the creation of healthier environments and mindsets.

WIF provides easily accessible health information and choices that are relatable, digestible, and achievable by bringing together what we EAT (and why), with the way we THINK and the way we PERFORM, to deliver energetic, wellness-focused content, awareness campaigns and food choices.

We are proud to support the nutrition of young people who participate in sport. Whether it's match teas or the annual trophy dinners for the hockey team, we provide it. We can go further than everyday catering by offering specific dietary requirements for sport, with diet plans designed by our internal team of nutritionists.



*“Committed to a sustainable planet
for the next generation of pupils”*

Sample Menus - Nursery

WEEK 1 MENU Nursery

ALLERGIES

Please make us aware if your child has an allergy, so we can cater to their needs and requirements.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN ONE (Meat Option)	Creamy Chicken * Corn Pasta With Garlic Bread	Cornflake Chicken Dippers With Cucumber & Lemon Yoghurt Dip	Turkey Dinner With Mashed Potatoes & Gravy	Cottage Pie	Mini Beef Sliders With Baked Potato Wedges
MAIN TWO (Meat Free Option)	Vegetable & Bean Chilli With Steamed Rice	Vegetable Macaroni Cheese with Garlic Bread	Roasted Falafel With Mashed Potatoes & Gravy	Roasted Cauliflower & Chickpea Curry With Steamed Rice	Quorn Bolognese Wholewheat Pasta Garlic Bread
THE VEGETABLE PATCH	Roasted Carrots Beetroot House Salad	Mini Corn on The cob House Salad	Peas Steamed Carrots House Salad	Sliced Beans Savoy Cabbage House Salad	Low Sugar Baked Beans House Salad
STARTER/DESSERT	Bananas with Custard	Lentil Soup	Fruit Flapjack	Butternut & Tomato Soup	Lemon Sponge Cake
PACK LUNCH	Cheese Sandwich Vegetable sticks Cut Grapes Bananas & Custard	Tuna Wrap Crackers with Cheddar Melon chunks Jelly	Egg Sandwich Pitta with Tzatziki Sliced Apple Fruit Flapjack	Ham Wrap Carrot Sticks Banana Chocolate Delight	Chicken Mayo Sandwich Falafel Bites Cut Grapes Lemon Sponge

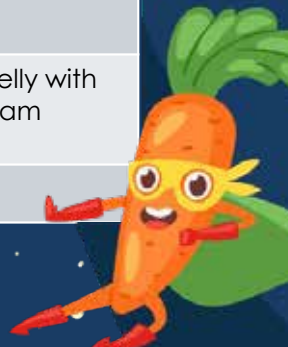


Sample Menus L1-L3



WEEK 1 MENU(L1-L3)

ALLERGIES

Please speak to a member of our team if you have an allergy, and need to know what's in our food dishes so we can advise on your available choices



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE SOUP KITCHEN	Potato & Lieutenant Leek	Sunshine Sweetcorn	Popeyes Brilliant Beans	Brigadiers Broccoli	Squashed Tomato
MAIN ONE (Meat Option)	The King Katsu Chicken Curry	Captain Blue Beard's Fish Pie	Winner Winner Chicken Dinner	In a Flap Chicken Wrap	Fish Finger Foldie
MAIN TWO (Meat Free Option)	Unicorn Vegetable Pizza	Bang Bang BBQ Balls	Oumph A Lumpa Leek Pie	Magic Bean & Potato Curry	Emperor's Vegetable Stir Fry
THE VEGETABLE PATCH	Brigadiers Broccoli	Captain's Carrots & Cucumbers	Captain's Carrots & Brigadiers Broccoli	Italian Roasted Vegetables	Billy's Baked Beans
PASTA BAR	Tomato & Wholemeal Pasta	Mac & Cheese with Cauliflower	Tomato Wholemeal Pasta	Mac & Cheese with Kale	Tomato Wholemeal Pasta
POTATO PATCH	Herby Potatoes	Mashed Potato	Roast Potatoes	Paprika Potatoes	Oven Baked Chips
GREENHOUSE GREENS	Daily selection of salads and vegetables				
SWEET TREATS	Spotted Banana Pudding & Custard	Oaty Fruity Cookie	Iced Cake	Happy Apple Crumble & Custard	Fruit in Jelly with Cream
PICKY POTS	Peach in Jelly with Cream Fruit Salad Pot Oat & Raisin Cookie The BFG Dessert Pot				

AVAILABLE DAILY:

Packed Lunch Option and Infused Water

COLD LUNCHBOX

Select 4 Items From:

SANDWICH

YOGURT

FRUIT POT

CHEESE PORTION

JUICE OR

FLAVOURED MILK

HOME BAKE

Sample Menus - L4 - L7 and F1 - F6

Weekly Menu

Week One

L4 - L7 and F1 - F6



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN ONE (meat option)	Pranzo Margherita Slipper	Paloma's Kitchen Chicken Shawarma Tortilla Taco	Smokey Beef & Black Bean Chilli, Spicy Rice & Cheesy Nachos	Chicken Tikka Masala	Battered Pollock
MAIN TWO (meat free option)	Vegetable Stir Fry	Paloma's Kitchen Halloumi Taverna Gyro	Macaroni Cheese	Korean Corndog, Vegetable Fried Rice, Garlic Mayo & Sriracha Hot Sauce	Joe De Frango Piri Piri Halloumi, Rice & Corn
SOCIAL FEAST	Lemon & Herb Salmon Chunks	Paloma's Kitchen Turkish Lamb Kofte Shawarma	Dizzy Panda Katsu Vegetables & Egg Fried Rice	Gustoso Beef Bolognaise Fusilli	Firecracker Chicken & Egg Fried Rice Waffle Cone
SWEET NESS.	Iced Sponge	Miss Margie's Carrot Cake Muffin	Lemon Cheesecake Cone	Strawberries & Cream Hot Dough Balls	Chocolate Chip Muffin

MEAL DEAL

available daily

Main One

or

Main Two

with a side and dessert

£4.50

AVAILABLE DAILY: Soup, Bread, Baked Potatoes, Vegetables & Salad

ALLERGIES Please speak to a member of our team if you have an allergy, & need to know what's in our food so we can advise you on your available choices.



Keeping in touch...

We've said our hellos and hopefully have given you an insight into the future of food at the High School of Dundee.

We don't want our communication with you to just stop here. We'll be keeping in touch throughout each term, making sure you're in the know when it comes to all things food at the School.

If you need to reach out to us directly for any reason, please contact us and our team will be happy to talk to you.

We look forward to meeting you in the coming months, hopefully we'll see you after a sporting fixture or performance soon!

