

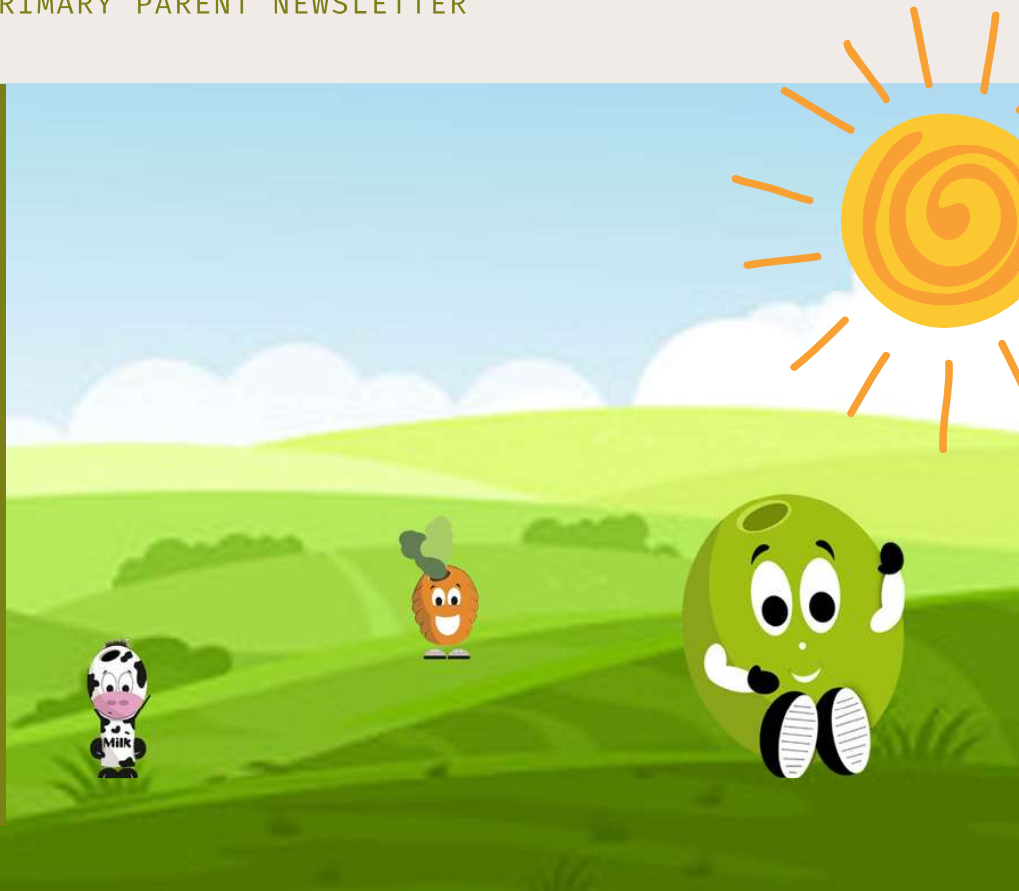
APRIL 2024 - JULY 2024

SUMMER TERM

PRIMARY PARENT NEWSLETTER

FEATURED THIS TERM:

Summer Term
New Menus & Theme Days
Summer Recipe



WELCOME TO THE SUMMER TERM

We hope you've had a great start to the Summer Term and you had a wonderful Easter break!

In this edition of our newsletter, we're excited to share some new menus; upcoming theme days including Sport's Day and World Bee Day plus an Olive recipe.

As always, we love to hear feedback on the service we provide so please do get in touch by sending any

questions or comments to:

enquiries@olivedining.co.uk

or call our head office on: 01959
564 700

We are also on Instagram and Twitter so do follow the online Olive Dining family where you can stay updated with all our latest news and activities.



SUMMER TERM

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NEW SUMMER MENUS

Our menus run in 3-weekly cycles and we offer a large variety of different dishes and flavours, which suit all the children's tastes!



THEME DAYS COMING UP...

We host special themed events once a month, which coincide with any key dates.

They are a fun way to add extra excitement for our students.

We have 4 coming up this Summer Term and are looking forward to running these.



SUMMER STIR-FRY RICE

PRIMARY PARENT NEWSLETTER

SERVES: 4
PREP: 15
COOK: 15



INGREDIENTS

- 2 tbsp vegetable oil
- 1 white onion, finely chopped
- 1 carrot, finely chopped
- 100g green beans, chopped
- 1 red or yellow pepper, finely chopped
- ½ medium broccoli, chopped into small florets
- 150g cooked chicken (or any other meat), roughly chopped, optional
- 300g cold cooked rice
- 2 eggs, beaten
- 1 tbsp sesame oil
- 1 tbsp oyster sauce
- 1 spring onion, finely sliced
- 1 tsp toasted sesame seeds

METHOD

- Heat half the vegetable oil in a wok or a frying pan over a medium-high heat, and stir-fry the onions, carrots and green beans for 5 mins. Add the peppers, broccoli and chicken, and stir-fry for 3 mins more.
- Tip in the rice and stir-fry for another 4 mins until all the grains of rice have separated. Push the rice and vegetables to the side, then add the remaining vegetable oil to the other. Crack in the egg and scramble briefly before stirring into the veg and chicken mixture.
- Stir in the sesame oil and oyster sauce to coat, then garnish with the spring onions and sesame seeds.