



# Preston Manor All-Through Foundation School

## School background

Preston Manor All-Through Foundation School is a large school situated in the London borough of Brent. There are 1,635 pupils ranging from the age of four through to eighteen and a team of 230 staff. Preston Manor values and celebrates its multicultural community and is proud of its role as a specialist Science and Mathematics college. The school places great importance on identifying and meeting individual needs and, in addition to a well-resourced Special Needs department, the school hosts a specialist Speech and Language Resource Base.



## Healthy/environmental achievements

Preston Manor is a "Healthy School" and has also achieved the Food For Life Bronze Award. In 2010, the school's catering manager Joanne Jacobs was awarded Brent's Secondary School Chef of the Year Award.

## School food policy

The school has a SNAG (School Nutrition Action Group) made up of representatives from the whole school community – the student council, assistant headteacher, catering manager, teaching staff, learning mentor, support staff, a staff governor and a school meals consultant. The group meet regularly in order to develop a coordinated approach to food and drink in the school, increase school meals uptake (especially free school meals) and promote a healthy lifestyle.

## Lunchtime provision

With in-house catering, the school has 100% control of how their food is sold and promoted, including the dining space itself. They work with a School Meals promotion company, Elygra, which provides personalised display boards, menus and food brochures to ensure the canteen looks professional and that the image is exciting.

"Whilst, I am not a vegetarian, I find it extremely motivating to devise new vegetarian menus for Meat Free Monday. I am impressed with how many students and staff have responded so positively. There is definitely no going back!"

**Joanne Jacobs, Catering Manager**

There are two separate lunch sittings – lower school and upper school – each with their own kitchen and dining areas. At present, per sitting, the upper school accommodates 320 and the lower school 60. There is a big focus on making the dining a pleasurable experience. As well as serving hot meals straight from the kitchen, the canteen also has a separate outlet named "Munch Manor" which provides quick snacks such as toasted sandwiches, wraps, paninis, fruit and juices.

The school catering manager regularly consults with a school meals consultant to nutritionally analyse new menus using "Nutmeg" software, ensuring that they meet the government's food- and nutrient-based standards for school meals.

## Initiatives

The school runs a popular after-school cookery club and has recently introduced "Free Fruit Mondays" whereby students and staff are offered complimentary fruit

"Some of the food really tastes like meat – it's quite weird! It tastes nice and at the same time we are caring for our planet and environment."

**Yazad Bajina, Year 8**

**Price of meals:**

£1.80

**Percentage of pupils eating school meals:**

55%

on a Monday, with funding from the Brent Enhanced Healthy Schools grant. Future plans include starting a vegetable and herb garden, and running trips to a sustainable fruit/vegetable farm in Hertfordshire where students would pick a variety of produce to cook back at school.

## Meat Free Monday launch

The school first heard about Meat Free Monday in 2008. After assessing the project's merits and seeing that the initiative tied in well with the Healthy Schools policy, Preston Manor began a series of consultations with students, staff and parents. A number of presentations were delivered and members of the student council visited a neighbouring primary school which had recently started the project. Though initially not everyone was convinced that MFM would be a success, the school felt that the issues behind it were sufficiently solid for the project to deserve the minimum of a one-year trial run. Through heavy promotion and steely determination, MFM was launched in January 2009, ostensibly driven by the student council and the leadership team.

"Meat Free Monday is a fantastic innovation that allows us to keep healthy and save money whilst taking care of our planet. By giving up meat for just one day a week we're making a real difference to combat climate change."

**Bala Balasubramaniam, Head Boy (Sixth Form)**

## Meat Free Monday evaluation

The school was aware that if canteen food did not sell well on Mondays, and if the take up of free school meals fell, the school would incur strong financial penalties and they would have to rethink their participation in MFM. However, due to a very enthusiastic catering team, good sales pitch, strong student voice and a professional approach, MFM has grown to be extremely popular and is now ingrained in the eating culture of the school.

The project is in its third year and, not wishing to lose the positive momentum the project has built up, the school plans to continue MFM indefinitely.

"This is our third year of running the MFM programme. Initially, we were very nervous about how it would be received. However, our vegetarian options have become ever more creative and popular. Staff, students and parents continue to give their support. Our successful Food for Life award was partly due to our commitment to MFM and our aim to promote healthier lifestyles. So onwards and upwards for MFM."

**Andy Ward, Assistant Headteacher**

"As a parent, I am happy that my daughter has the opportunity in school to try new healthier options, in addition to understanding the environmental benefits in reducing the consumption of red meat. I think the benefits speak for themselves. Why aren't all schools doing it?"

**Carla Prince, Parent/Assistant Headteacher**

At the project's launch, the school projected clear messaging to students and parents about the impact of mass farming on the lives of animals, the environment and people's health. As many primary schools do not participate in MFM, Preston Manor plans to ensure that new parents and students are also reminded of the reasoning behind the initiative.

The school is proud of its approach to MFM, which was not negative or judgmental about those people who eat or do not eat meat. The school felt that people's personal ethics and moral stance should remain private and instead MFM would be introduced primarily as an environmental policy like other school policies, based on the fact that animal agriculture generates nearly one fifth of all man made greenhouse gases. The school was also keen to promote the health benefits of eating a varied diet including lots of fruit and vegetables.



## School contact details

Preston Manor All-Through School, Carlton Avenue East, Wembley, Middlesex HA9 8NA  
Telephone 020 8385 4040 Fax 020 8908 2607 [www.pmanor.brent.sch.uk](http://www.pmanor.brent.sch.uk)

# Example menu



## Week 1

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup of the day</b>	Soup of the day				
<b>Chef's special</b>	Quorn & vegetable lasagne Rice	Shepherd's pie Fish Florentine	BBQ chicken Boiled new potatoes	Roast beef Roast potatoes	Baked fish Oven chips
<b>Vegetarian Meal</b>	Cheese and tomato turnover Boiled new potatoes	Vegetable cannelloni	Red onion and mushroom quiche Boiled new potatoes	Vegetable biryani	Vegetable tagine Selection of bread rolls
<b>Pasta of the day</b>	Pasta of the day				
<b>Vegetable of the day</b>	Seasonal vegetables				
<b>Dessert</b>	Fresh fruit Spiced apple cake Custard Fruit yoghurt	Fresh fruit Chocolate mousse Fruit yoghurt	Fresh fruit Apple and sultana crumble Fruit yoghurt Custard	Fresh fruit Apricot turnover Custard Fruit yoghurt	Fresh fruit Fruit yoghurt Jelly Cheese cake Vanilla ice cream
<b>Daily options</b>	Assorted wraps Sandwiches Baguettes Jacket potatoes Salad bar				

## Week 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup of the day</b>	Soup of the day				
<b>Chef's special</b>	Quorn biriani	Jerk chicken and vegetable rice	Cottage pie	Roast lamb Roast potatoes	Baked fish Oven chips
<b>Vegetarian Meal</b>	Vegetable fajitas Boiled new potatoes	Vegetable chow mein	Vegetarian jollof rice	Vegetable and Quorn moussaka	Cauliflower dahl
<b>Pasta of the day</b>	Pasta of the day				
<b>Vegetable of the day</b>	Seasonal vegetables				
<b>Dessert</b>	Fresh fruit Coconut and orange sponge Custard Fruit yoghurt	Fresh fruit Banoffee pie Fruit yoghurt	Fresh fruit Eve's pudding Custard Fruit yoghurt	Fresh fruit Carrot cake Custard Fruit yoghurt	Fresh fruit Fruits of the forest Natural yoghurt Fruit yoghurt
<b>Daily options</b>	Assorted wraps Sandwiches Baguettes Jacket potatoes Salad bar				

## Week 3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup of the day</b>	Soup of the day				
<b>Chef's special</b>	Vegetable & Quorn lasagne	Mediterranean fish Boiled new potatoes Minced beef hot pot	Curried lamb Pilau rice Baked fish	Roast chicken Roast potatoes	Baked fish Oven chips
<b>Vegetarian Meal</b>	Vegetarian shepherd's pie	Vegetable & chickpea curry Spinach Rice	Tomato and lentil basil sweet potato	Sweet & sour vegetables Rice	Mexican bean wrap Oven chips
<b>Pasta of the day</b>	Pasta of the day				
<b>Vegetable of the day</b>	Seasonal vegetables				
<b>Dessert</b>	Fresh fruit Plum crumble Custard Fruit yoghurt	Fresh fruit Rice pudding Fruit yoghurt	Fresh fruit Fruits of the forest turnover Fruit yoghurt	Fresh fruit Chocolate sponge & chocolate sauce Fruit yoghurt	Fresh fruit Fruit yoghurt Peaches Vanilla ice cream
<b>Daily options</b>	Assorted wraps Sandwiches Baguettes Jacket potatoes Salad bar				