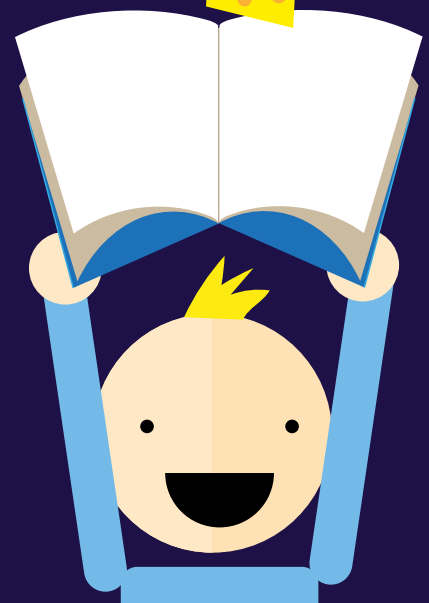


The school caterer's handbook

2019-2020



Supporting your schools

www.bidfood.co.uk

 **Bidfood**
Inspired by you

Introduction

At Bidfood, we are continually inspired by our customers and share a commitment to always putting you first in every decision we make. We understand the importance of the work you do as a school caterer. When feeding school children, you are doing much more than simply providing kids with a meal: you are directly influencing their future. We don't just mean that you are providing the essential fuel and nutrition which children need in order to excel in their education (although this is undoubtedly true!). But even more importantly, the kind of foods you expose students to today have the potential to inspire and develop great eating habits in them—habits which will stay with them for the rest of their lives.

Like all important work, however, we know that catering for school children isn't always easy. In fact, between new government guidelines and regulations, on top of the ever-changing tastes of children, catering for generation Z can often seem like quite the challenge. The following handbook aims to walk you through some of the key concerns that you are likely to have when planning school meals.

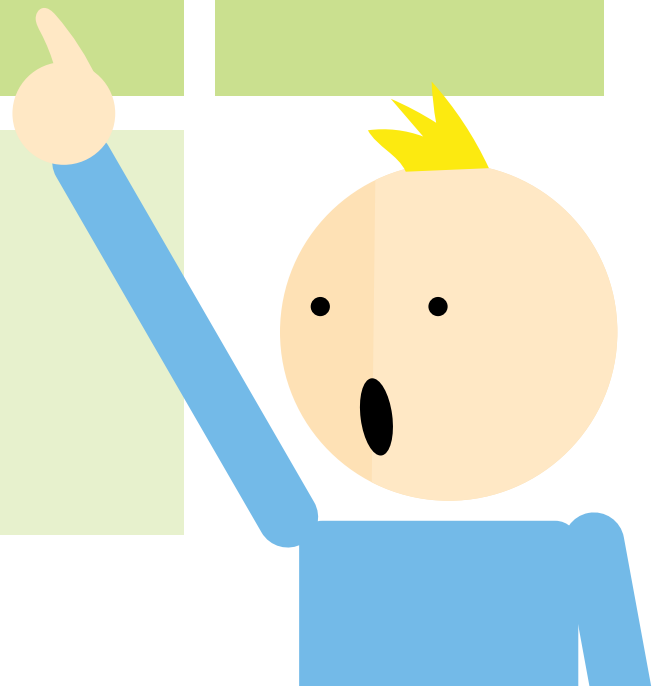
This new edition covers a range of current topics: from the rise of veganism in kids to ongoing concerns over added sugar, as well as the ever-increasing focus on sustainability. Throughout, it offers helpful tips, product suggestions, and sample school-approved recipes for your consideration, while simultaneously highlighting the support which Bidfood can provide you with. We have also included several sample menu cycles to help inspire you.



Our web pages for schools have more information on how we can support you, go to:
bidfood.co.uk/schools

Contents

Hot Topics	04 Street Food	06 Lower sugar	08 Adding fibre
	10 Allergens	12 Veganism	14 Sustainably sourced fish
	18 Communicating to your pupils	20 Primary menu cycle	26 Secondary menu cycle
	Reference A quick guide to the School Food Standards		



Street food ideas

People eat with their eyes—for no one is this truer than it is for children. In fact, when asked what influences their choice of food when eating out, over half of kids and teenagers said they would order “something that looks nice” (Mintel – Lifestyles of Children and Teens – UK – July 2016). It is therefore vital to choose foods and flavours which will stand out to students. There are a whole range of street food flavours and cuisines which could be used to entice them. These include:



Asian: In recent years, the demand for Asian food has focused on more authentic, regional dishes. Bao buns could be a fantastic way to offer something a little different to your students.



Middle Eastern: Middle Eastern cuisine is bursting with flavour and colour—and sure to grab attention. There are countless ingredients like Freekah or Harissa sauce which you could easily incorporate into your dishes. Or why not try something a little different like lamb kibbeh?



Afro-Caribbean: This is a relatively new trend, although ingredients like jerk spice are well established and can easily be used to mix up existing meals. Offering an unusual dish like goat curry could be a great way to pique interest.



South American: Everything street food should be: quick to serve, comforting, and tasty. From BBQ pulled jackfruit to buttermilk chicken, there are a whole range of tasty options which children will love.



Modern Indian: Authentic, contemporary Indian dishes incorporate a range of fresh, bold, and colourful flavours. Why not put an Indian twist on a familiar, British classic—like the Roast beef yorkie recipe below?

Yorkshire Pudding Wrap

Method

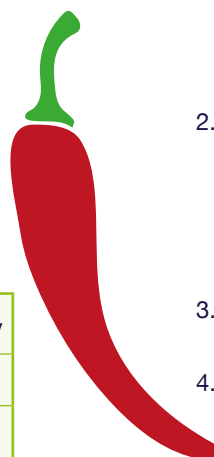
1. Whisk together the flour, milk and eggs in a large bowl until smooth, then pass through a fine sieve and leave to rest in the fridge.
2. Brush tray with oil then heat in the oven.
3. Pour an even layer of batter onto the tray and place in the oven to cook.
4. Once the batter is fluffy and golden brown all over remove from the oven and fill.

Code	Description	Quantity
42018	Everyday Favourites Plain White Flour	200g
	Full Fat Milk	200g
18928	Everyday Favourites Large Fresh Eggs	200g
03435	Everyday Favourites Extended Life Vegetable Oil	20ml

Roast Beef Yorkie

Method

1. Seal the brisket until golden brown in a pan with a little oil then add beef stock and place in the oven, cover and cook for 3 hours.
2. After 3 hours remove the brisket from the oven and add the vegetables and potatoes and thyme. Place back in the oven for one hour or until veg is soft and tender (you may add more stock at this point if needed).
3. Remove brisket from the oven and allow to rest.
4. Strain the vegetables from the stock into a pan and crush the vegetables. Heat the stock in a pan on the stove and thicken with the gravy granules. (This needs to be quite thick).
5. Pull the beef using two forks.
6. Lay out the yorkshire pudding and top with the vegetable mix. Place the beef on top and drizzle with gravy (see recipe below).
7. Add a dollop of mustard on top and roll up.



Product code	Description	Pack size
94135	9oz PLA cold cup, 96-Series - Green Tree	1000
32070	3oz PLA cold cup insert, 96-Series	1000
94117	96-Series PLA flat lid, no hole	1000
94194	12oz soup container, 115-Series - Green Tree	500
9696	115-Series flat CPLA lid	500
53215	6.5in compostable CPLA spoon	1000
32908	7x 5in bagasse clamshell	500
23044	6.5in compostable CPLA fork	1000
53217	6.5in compostable CPLA knife	1000
57826	12oz PLA hinged lid deli container	300
57837	Standard 65mm kraft sandwich wedge	500
55181	150 x 200 x 240mm clear Nature-Flex multi-bag	1000
40724	Bagasse Lunchbox 9inch	250
40725	Bagasse Hinged Clamshell 9x6inch	250
40726	Bagasse Round Side Plate 7inch	500
40727	Bagasse Round Dinner Plate 9inch	500
40728	Bagasse Round Bowl 12oz	500
94953	Essential Supplies Birchwood Spoon	1000
94954	Essential Supplies Birchwood Fork	1000
94955	Essential Supplies Birchwood Knife	1000

When serving street food dishes, it is important to remember that Generation Z, particularly 16-18 year olds, are increasingly concerned with waste disposal (Mintel – Lifestyle of Generation Z – UK – August 2018). Serving your dishes in eco-friendly packaging will reassure students that you share their concerns.

At Bidfood, we offer an entire range of compostable and eco-friendly packaging. For more information go to bidfood.co.uk/recycling-food2go-packaging



serves
10



Code	Description	Quantity
90981	Farmstead Beef Brisket of Beef Rolled Red Tractor	850g
03435	Everyday Favourites Vegetable Oil	50ml
04655	Everyday Favourites Beef Bouillon Paste	200g
29159	Parsnip Carrot & Celeriac Wedges	800g
-	Prep Potato Diced	2kg
-	Thyme	15g
56099	Maggi Gluten Free Vegetarian Gravy	100g
06614	French's American Mustard	60g

Lower sugar

serves
12

Sugar has come under immense scrutiny over the past ten years. A recent survey by Public Health England found that four to ten year olds are eating more than twice the sugar content they should be per day (BBC, “Children in England consuming twice as much sugar as recommended”, June 2018). Unsurprisingly, recent school food guidelines from the government have placed sugar at the forefront of their focus. But just because school desserts should contain less sugar, it doesn’t mean they have to compromise on taste. The recipes below have been created to reduce the added sugar — and also taste delicious!

Fruit Chocolate Bake

Code	Description	Quantity
03435	Everyday Favourites Extended Life Vegetable Oil - Polybottle	10ml
-	Banana	400g
55935	Strawberries	200g
07531	Tate & Lyle Caster Sugar	50g
34082	Everyday Favourites Wholemeal Flour	100g
04787	Cadbury Cocoa	25g
25611	Dr Oetker Baking Powder	10g
17695	Dr Oetker Vanilla Essence	10ml
04092	KTC Sunflower Oil	100ml
14831	Semi Skimmed Milk	100ml

Method

1. Grease an oven proof tray.
2. Peel and slice the banana. Sprinkle the banana and strawberries over the base of the tray.
3. In a bowl, mix the sugar, flour, and cocoa powder. Beat well.
4. Fold in the baking powder, vanilla essence, and sunflower oil, along with the milk.
5. Pour over the fruit and bake for 20-25 minutes in a hot oven at 180°C (gas mark 4) or until cooked.



Raspberry and Apple Cake

serves
10

Code	Description	Quantity
-	Apple	300g
04285	Everyday Favourites Free Range Medium Eggs	2
17695	Dr Oetker Vanilla Essence	10ml
07531	Tate & Lyle Caster Sugar	45g
03435	Everyday Favourites Extended Life Vegetable Oil	80ml
34082	Everyday Favourites Wholemeal Flour	160g
25611	Dr Oetker Baking Powder	10g
-	Raspberries	250g



Method

1. Grate the apples into a bowl and discard the cores.
2. Add the eggs, vanilla essence, sugar, and oil. Mix well.
3. Whisk in the flour and the baking powder.
4. Fold in the raspberries. Place in a non-stick tray.
5. Bake in a hot oven at 180°C (gas mark 4) for 25 minutes then allow to cool and serve.



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**IDEAL FOR THE
EDUCATION SECTOR**



**PHE
2020
SUGAR
COMPLIANT**

**175
SERVINGS**

**Vegetarian
SOCIETY
APPROVED**

CODE	PRODUCT	SIZE
07663	DAISY'S RASPBERRY FLAVOUR JELLY CRYSTALS	4.x3.5 kg
21595	DAISY'S ORANGE FLAVOUR JELLY CRYSTALS	4.x3.5 kg
21640	DAISY'S STRAWBERRY FLAV JELLY CRYSTALS	4.x3.5 kg



**PHE
2020
SUGAR
COMPLIANT**

**40
PORTIONS**

**GLUTEN
FREE
& VEGETARIAN
SOCIETY
APPROVED**

CODE	PRODUCT	SIZE
80053	DAISY'S CHOCOLATE DELIGHT	6x600 g
80058	DAISY'S BANANA DELIGHT	6x600 g
80061	DAISY'S STRAWBERRY DELIGHT	6x600 g

Adding fibre

It is essential to ensure your foods contain enough fibre. As well as strong evidence demonstrating a range of health benefits that come from meeting dietary

fibre requirements, fibre will help students to feel fuller for longer, which could mean they will snack less later in the day. later in the day. According to the NHS,

children of all ages require more fibre in their diets than they are currently getting.

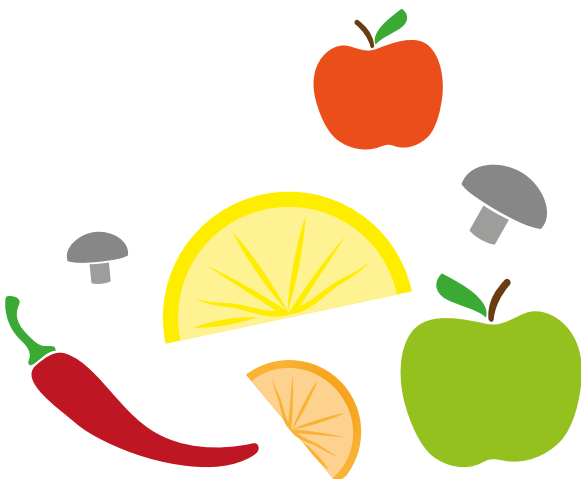
(Information from <https://www.nhs.uk/live-well/eat-well/how-to-get-more-fibre-into-your-diet/>)

The recommendations of fibre are:



Luckily, it is easy to ensure that you provide adequate amounts of fibre. Some examples of ways to do this are listed below:

- Provide plenty of fruit and vegetables
- Switch to wholegrain or granary breads
- Choose whole-grains rather than refined grains as ingredients, such as brown rice, quinoa or buckwheat
- When baking, use alternative flours (like whole-wheat flour or buckwheat flour) instead of white flour
- Offer high-fibre cereals at breakfast, such as shredded wheat and porridge
- Provide foods containing pulses, beans, and lentils



Pulses and grains

Product code	Description	Pack size
32713	Triple Lion Pearled Spelt	1 x 1 x 12 x 500 g pk
33212	Triple Lion Giant Cous Cous	1 x 1 x 6 x 1 Kg pk
33391	Triple Lion Three Colour Quinoa	1 x 1 x 12 x 500 g pk
60217	Triple Lion Medium Cornmeal 5kg	1 x 1 x 1 x 5 Kg pk
60219	Triple Lion Medium Cornmeal	1 x 1 x 6 x 500 g pk
72279	Triple Lion Quinoa	1 x 1 x 6 x 1 Kg pk
56626	Triple Lion Green Split Peas	1 x 1 x 4 x 3 kg
56627	Triple Lion Pearl Barley	1 x 1 x 4 x 3 kg
56614	Triple Lion Red Split Lentils	1 x 1 x 4 x 3 kg

MASAMAN VEGETABLE AND LENTIL STEW



Item Code	Description	Quantity	Pack Size	Method
-	Cauliflower	150g	Each	<ol style="list-style-type: none"> 1. Wash and peel all vegetables, make up coconut milk 2. Place the cauliflower and aubergine in a bowl, add half the Thai mari base, garlic and ginger pastes and coat well, place on a baking tray and bake for 15 mins at 180°C 3. Whilst the veg is cooking, heat the oil in a heavy pan, add the remaining mari base and the roughly chopped onions, cook for 5 mins. Add the Sri Lankan curry paste and cook for 2 mins 4. Make up the coconut milk to manufacturer's instructions and add along with the chopped tomatoes, diced sweet potato and red lentils, cook for a further 15 minutes until potato is tender 5. Stir in the oven baked vegetables and serve with boiled rice
-	Aubergine	150g	Each	
01456	Everyday Favourites Garlic Purée	20g	475g	
10027	Knorr Professional Ginger Purée	10g	2x750g*	
03435	Everyday Favourites Extended Life Vegetable Oil - Polybottle	15ml	4x15ltrs	
-	Diced Onion	50g	1x1kg	
26105	Street Food Sri Lankan Curry Paste	50g	-	
71355	Maggi Coconut Milk Powder	400ml	6x1kg	
17576	Everyday Favourites Chopped Tomatoes	200g	6x2.5kg	
-	Sweet Potato	1.2kg	-	
56614	Red Split Lentils	400g	-	

Allergens

It is essential to inform your students if any of the products you sell contain any of the main fourteen allergens. This applies to pre-packed and non-packed food items. It is also important to remember that all mandatory allergen information should be easily accessible and visible for students. It is important to always check the packaging on the products for the most up to date information. Our Advice Centre is always on hand to help with any queries you may have. Allergen information is also readily available to you if you place your order via Bidfood Direct.

The fourteen allergens to watch out for are:



CELERY



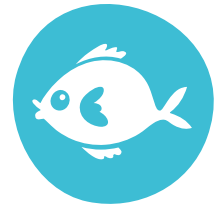
CEREALS
CONTAINING GLUTEN



CRUSTACEAN



EGGS



FISH



LUPIN



MILK



MUSTARD



NUTS



PEANUTS



SESAME



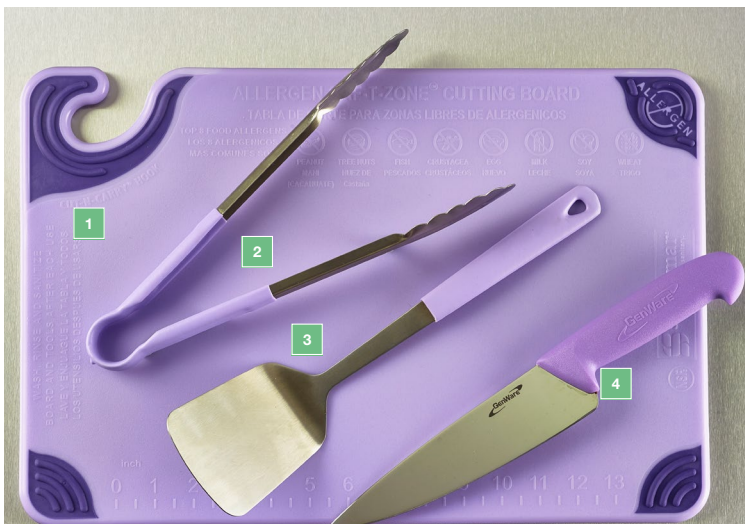
SOYA



MOLLUSCS



SULPHUR DIOXIDES
& SULPHITES



- | | |
|--|--|
| 1 60930 - Low Density Chopping Board Purple | 2 63455 - Purple Handled Tongs |
| 3 363456 - Purple Turner | 4 60820 - Cooks Knife 8" Purple |

Ensure your facilities and food prep areas are either cleaned down properly or dedicated to the production of such foods to reduce any risk of cross contamination.

Using colour coded knives, boards and utensils for food preparation will help manage and therefore minimise the risk of cross contamination in the kitchen.

In addition to the standard colours, a purple selection has also been specifically designed for catering with allergens.

For more information on the range of products we have, check out our 'Allergens made simple' guide at www.bidfood.co.uk/



ADVERTISEMENT FEATURE

Gluten Free Blueberry Sponge

38181 Middletons GF Multi Sponge & Muffin Mix 4 x 3kg
04614 Frozen Blueberries 5 x 1kg
56176 Frozen Raspberries 5 x 1kg

Ingredients: makes one Traybake (10" x 8" Tray)

Middleton's Gluten Free Multi Sponge & Muffin Mix 370g,
Butter (softened) 165g, Eggs 3, Milk 75g, Blueberries 300g (or
if using Raspberries & Blueberries 170g Blueberries, 130g Raspberries)

Method:

1. Weigh out gluten free sponge muffin mix into a mixing bowl.
2. Add the eggs, milk and butter the mixing bowl and mix for 1 minute on slow speed.
3. Scrape down and mix for a further 2 minutes on medium speed until smooth.
4. Add the blueberries and raspberries (if required) to the mix on slow for 10 seconds.
5. Scale into a half gastro tin and bake in the oven for 30-40 minutes on 170°C.

Temperatures and cooking times may vary depending on the type of oven used.

Hints & Tips

For additional colour replace some of the blueberries with raspberries.
Either simply fold in the raspberries with the blueberries or add them to the top of the mix before baking.

Tel: 01902 608122 glutenfree@middletonfoods.com
www.middletonfoods.com



serving suggestion

Free from gluten but not from taste!

ALL SCHOOL KITCHENS WANT TO WORK SMARTER

McCain Chef Solutions frees up time and resource so you can focus on creating food that makes you proud

Our Chef Solutions Simply range allows you to:

- create tasty school compliant meals
- offer vegetarian and vegan menu items
- a product range that works across break time and lunch time menus

Use McCain Chef Solution Simply Wedges to create a moreish chilli bake

KEY INFORMATION Serves: 20 Cooking time: 65 mins

INGREDIENTS

2tbsp sunflower oil
400g red onion, chopped
2 garlic cloves, crushed
400g mixed peppers, chopped
250g butternut squash, diced
200g courgette, diced
1tsp hot chilli powder
1tsp paprika
1tsp ground cumin
400g tinned chopped tomatoes
1tbsp tomato puree
800g tinned mixed beans, drained and rinsed

INSTRUCTIONS

1. Heat the oil and gently fry the onions until soft and golden, add the peppers and garlic, cook for a further minute.
2. Stir in the remaining vegetables.
3. Add the spices, then the tinned tomatoes, puree, beans and beef stock. Bring to the boil then reduce to a simmer and cook 20 mins, check seasoning.
4. Mix the frozen Chef Solutions Simply Wedges with the spices.
5. Pour the chilli into an ovenproof dish and top with the seasoned wedges with the remaining oil, sprinkle with a little chilli powder.
6. Cook in a pre-heated oven 200°C, Gas Mark 7 until piping hot and crispy. About 30/40 mins.

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Order your McCain Chef Solution Simply Wedge now!
Product code 168



Get in touch with us:

www.mccainfoodservice.co.uk E: foodservice@mccain.co.uk T: 0800 146 573 (GB)/1800 409 623 (ROI) [@McCainFoods_B2B](https://twitter.com/McCainFoods_B2B)

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Veganism

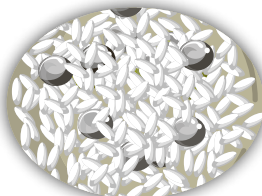
In a recent poll carried out to mark National Vegetarian Week, 70% of British school children claimed that they wanted to see more vegan and vegetarian school meal options (Vegan Life Magazine, May 2019). Adding vegan meals to your food plan won't just cater to the students who are following a strictly vegan lifestyle, however: it will also appeal to growing number of children (and parents) who want to cut down on meat consumption. A growing number of students may also be drawn to vegan options for environmental reasons: 51% of 12-18 year olds cite animal welfare as their number one environmental concern, beating even climate change and plastic pollution (Mintel – Lifestyle of Generation Z – UK – August 2018).



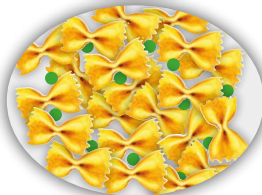
It is important that students who are following a strictly vegan diet plan their meals accordingly to ensure they are receiving all of the nutrients they need. Many plant-based foods only provide a limited number of the eight essential amino acids, meaning that children might struggle to meet their protein requirements. Ingredients like soya, quinoa and buckwheat are all great sources of protein and will help ensure you are getting enough of all the essential amino acids when consumed with a range of other plant protein sources. Schools can also help with this process by offering meals which are strategically arranged in order to be nutritious. By combining particular foods together, students can still get the full complement.



The key way for schools to make meals which contain complementary proteins is by combining grains and legumes. Consider incorporating the follow pairs of ingredients into your meal plans:



Black beans and rice



Pasta and peas



Bean soup and whole wheat bread



Barley and Lentil Soup

MALAYSIAN JACKFRUIT CURRY WITH COCONUT MILK AND CHICKPEAS

serves
10



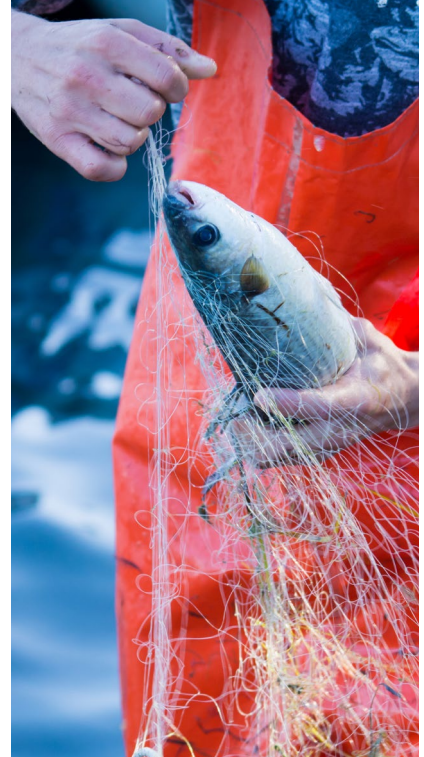
Item Code	Description	Quantity	Pack Size
13683	Extra Virgin Olive Oil Tin	50ml	4x5ltr*
-	White Onion - chopped into chunks	160g	-
-	Red Pepper - chopped into chunks	160g	-
40330	Major Keralan Pan Asian Base Paste	50g	2x1kg
37010	Chefs Choice Green Jackfruit in Brine	600g	1x565g
98544	Chickpeas in Water	160g	6x2.5kg
48576	Chopped Tomatoes	400g	6x800g
29825	Thai Coconut Milk	400ml	12x400ml
18853	Coriander	20g	-

Method

1. Heat a large pan and add the oil
2. Sauté the onions and pepper chunks then add the spice mix and cook for 10 minutes on a low heat
3. Add the jackfruit chunks, chickpeas, tomatoes and coconut milk and simmer until the vegetables are tender
4. Add some vegetable stock if the curry is too dry and top with coriander



Responsibly Sourced Fish



British consumers consider ethical considerations most important when they are purchasing FMCG goods: they rank 'food and drink for home consumption' and 'foodservice' as the second and third most important occasions for making environmental based decisions (Mintel – British Lifestyles: A New Understanding of Corporate Ethics – UK – April 2019). Product certifications like Red Tractor and Fairtrade, therefore, make a significant difference to their choices. If parents are having these concerns when cooking for their children at home and when eating out, it makes sense that they will have the same investment in what their child eats at school.

With 90% of world fish stocks fully or over-exploited from fishing, purchasing sustainable options has never been more important (MCSUK.org). At Bidfood, we provide a wide range of, responsibly sourced fish. Many of our products are MSC certified; highlighting these items is a simple way for you to communicate your commitment to sustainable oceans to students and parents alike.

MSC (Marine Stewardship Council): For over 20 years, the Marine Stewardship Council has worked with scientists, fisheries, seafood producers and brands to develop their standards and promote sustainable fishing. Every MSC certified fishery has been independently assessed on its specific impacts to wild fish populations and the ecosystems they're part of. In order to be approved, these products must meet particular requirements at every stage of the supply chain, from ocean to plate. See www.msc.org.

Our fish range for your school menu

			MSC	Key stage
Battered cod				
37045	Pier 7 Battered Formed Cod Fillets 110-140g	1x35	●	3&4
37485	Pier 7 Battered Formed Cod Fillets 80-110g	1x35	●	2
62084	Pier 7 Battered Formed Cod Goujons	5x1kg*	●	1,2,3 & 4
Battered haddock				
37495	Pier 7 MSC Battered Formed Haddock Fillets 110-140g	1x35	●	yes 3&4
37494	Pier 7 MSC Battered Formed Haddock Fillets 140-170g	1x35	●	yes 3&4
Battered whitefish				
37509	Pier 7 MSC Battered Formed Pollock Fillets 110-140g	1x35	●	yes 3&4
62083	Pier 7 MSC Battered Formed Pollock Fillets 140-170g	1x35	●	yes 3&4
42279	Pier 7 MSC Battered Formed White Fish Filets 50-70g	1x60	●	yes 1
38240	Pier 7 MSC Battered Formed Pollock Fillets 80-110g	1x30	●	yes 2
61427	Amritsari MSC Pollock Goujons	5x1kg	●	yes 1,2,3 & 4
Breaded cod				
37492	Pier 7 Breaded Formed Cod Fillets 110-140g	1x24	●	3&4
37490	Pier 7 Breaded Formed Cod Fillets 140-170g	1x24	●	3&4
37491	Pier 7 Breaded Formed Cod Fillets 80-110g	1x36	●	2
Breaded haddock				
44905	Pier 7 MSC Breaded Formed Haddock Fillets 110-140g	1x24	●	yes 3&4
37498	Pier 7 MSC Breaded Formed Haddock Fillets 140-170g	1x24	●	yes 3&4
37499	MSC Breaded Formed Haddock Fillets 80-110g	1x36	●	yes 2
Breaded whitefish				
37513	Pier 7 MSC Breaded Formed Pollock Fillets 110-140g	1x24	●	yes 3&4
39925	Pier 7 MSC Breaded Formed Pollock Fillets 50-70g	1x60	●	yes 1
37512	Pier 7 MSC Breaded Formed Pollock Fillets 80-110g	1x36	●	yes 2
Fishcakes				
37520	Cod & Parsley Luxury Fishcakes	30x60g	●	1,2,3&4
Breaded plaice				
37504	Pier 7 Breaded Plaice Fillets 110-140g	1x30	●	3&4
37505	Pier 7 Breaded Plaice Formed Fillets 80 -110g	1x35	●	2

ADVERTISEMENT FEATURE



Why offer yogurt to your students every day?



Dairy products provide many important nutrients for people of all ages. Providing children and young adults with the right food choices is crucial to their development, balanced diet and healthy lifestyle. So, yogurt is an **easy and convenient way** to incorporate dairy into their diet.

How can Müller help you?

Müller individual yogurt pots give you a quick, easy dessert option with portion control - **no preparation**, clear-up time or labour cost.

Choosing Müller supports your goal to use **British-made** products and British accredited ingredients – almost all of our yogurts and desserts are made in Shropshire, in the heart of Britain, using British milk from **Red Tractor** assured British farms. This can help you achieve your **Catering Mark** target – whether Bronze, Silver or even Gold.

Offering ever popular Müller products to your children helps to fuel **school meal uptake** and parental support.

Getting the balance right

As well as offering low fat options, Müller is also working hard to support your drive to reduce sugar. We've already **reduced the total sugar** in our range by 13.5% since 2015 - that's 1,759 tonnes*!



*Public Health England: 'Sugar Reduction - Achieving 20%' - Total sugar Sales Weighted Average per 100g, less 3.8g lactose allowance per 100g (based on Kantar volume data Year end 2015 vs Year end 31st Aug 2017)

And that's not all... by supporting British & Irish Athletics in our ongoing partnership, we're working to **inspire** and **excite** the next generation of potential athletes and to encourage the UK population to live active and healthy lifestyles.

To find out more about our range, our display materials or menu options, contact the Müller Out of Home team at OOHQueries@muller.co.uk

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FRUITY SNACKING SOLUTIONS IDEAL FOR EDUCATION!



- Claim your free JellySqueeze or Fruitypot starter kit worth £25! To claim your starter kit please email your contact name and address to: info@fruitypot.co.uk*
- Each kit will contain 3 filled display units (30 individual pouches or pots to sell) and a point of sale pack
- Everyone requesting a starter kit will be placed into a prize draw to 'win your height in JellySqueeze or Fruitypot' * (equivalent to the number of cases stacked to your height of 16x95g JellySqueeze or 18x113/120g Fruitypot)

* Terms and conditions apply. Starter kit offer and prize draw open to Bidfood customers only, 18+ only, UK only. Free starter kit offer closes 31/10/2019. To claim your starter kit please email your contact name and address to: info@fruitypot.co.uk. There is a limit of 50 starter kits available. Prize draw closes 31/10/2019. No purchase necessary. To be entered into the prize draw you must apply for a starter kit. Prize: One (1) prize of the relevant number of Fruitypot 18x113g or 18x120g or JellySqueeze 16x95g cases equivalent to the winners height, to be determined by the Promoter. The prize will be a selection of Flavours and cannot be chosen by the winner. Full terms and conditions available on request from the Promoter. Promoter: Fruitypot Ltd, Parkdale House, 1 Longbow Close, Huddersfield, HD2 1CQ. info@fruitypot.co.uk

✉ info@fruitypot.co.uk 🌐 fruitypotfamily.co.uk 📺 [/jellysqueeze](https://www.facebook.com/jellysqueeze)

Our support doesn't end with your food delivery

Our dedicated Advice Centre is available to answer your product queries and give advice on food safety procedures, allergens and special diets, event planning and much more.

The Bidfood Advice Centre can:

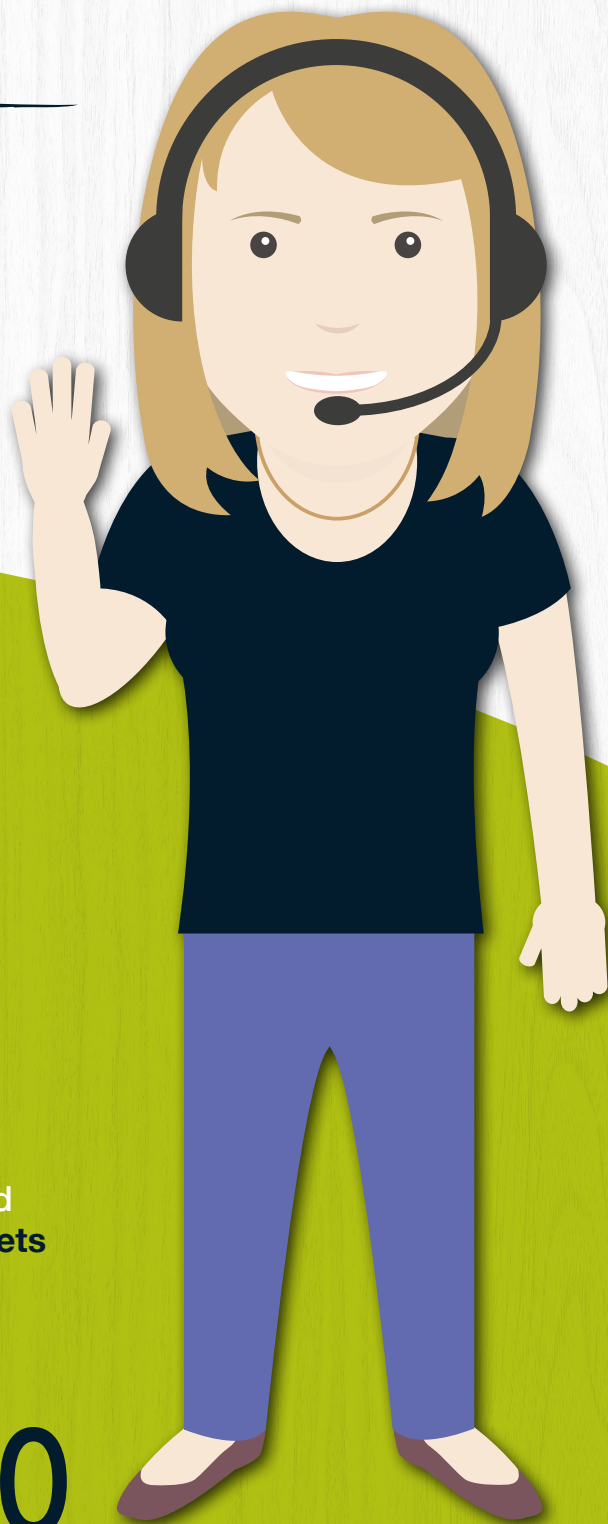
- Provide product lists for our specific ranges to help match the right products to your needs
- Provide chemical safety data sheets (COSHH)
- Help you make the most of key dates and special events to keep your menus fresh and exciting throughout the year
- Supply you with a list of products in our brochure that meet specific dietary and allergenic needs
- Provide advice on key issues within the industry and potential impacts on our products
- We have downloadable fact sheets on our website to help answer some of your most frequently asked questions – just visit www.bidfood.co.uk/fact-sheets

Call us on

0370 3663 000

Open Monday to Friday, 8am – 5pm

For further info please visit www.bidfood.co.uk/advice-centre or email us at advice_centre@bidfood.co.uk



Communication



You do great work in the kitchen—it makes sense to want to let your students and their parents know about it. Have a look at some of our tips below for ways to spark their interest.

Sustainability



- Use logos and icons to draw attention to your dishes. Accreditations like the MSC blue label, FAIRTRADE Mark or the Red Tractor logo can be used to highlight the great choices you've made when sourcing ingredients. You could use flyers or even your school's website to communicate your commitment to quality food to students and parents.

- Although kids and teenagers are more concerned than ever with their environmental impact, recent studies have indicated that gaps in education are making the young less confident recyclers than they could be (Mintel – Lifestyles of Generation Z - UK – August 2018). Lunch time is a great opportunity to teach kids how to recycle; use signage and information boards to teach them how to make good choices.

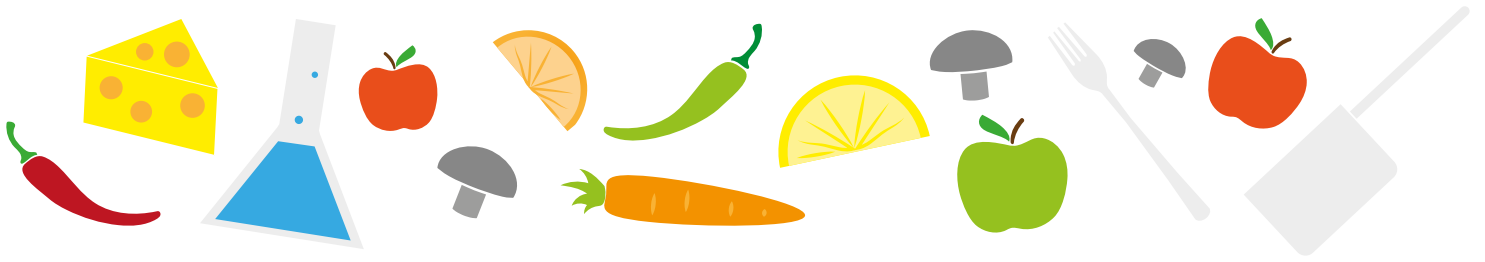
Theme Days & Posters

- Holding theme days at your school can be a great way to raise awareness and interest in school meals, and encourages pupils to try something new. Highlight seasonal or topical choices on promotional blackboards or posters – ie. world vegan month or world health day. We have ready made poster artwork that you can print to promote healthier choices to your pupils – from recipe suggestions to ready-made posters and flyers. For more information about this, get in touch with your sales representative or visit <https://www.bidfood.co.uk/schools/>.



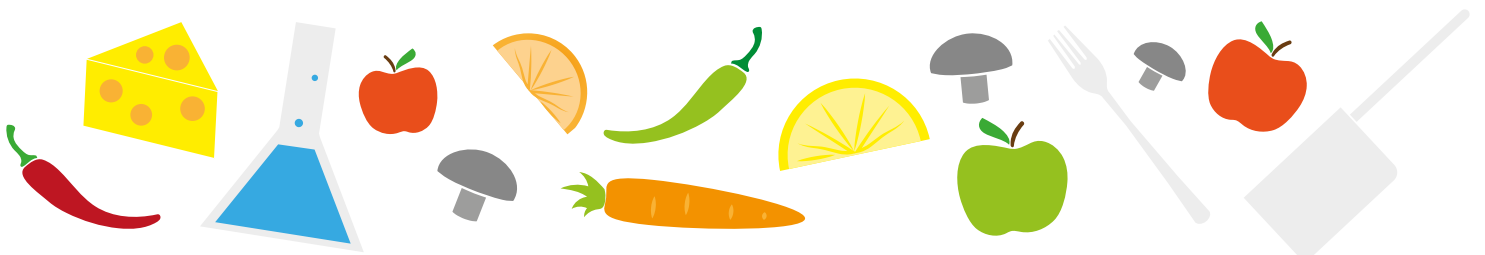
Getting your pupils involved

If you're thinking of reinvigorating your menu, why not gather opinions from pupils using a questionnaire? Involving pupils in the menu development process and allowing them to have their say will show them that their opinion counts and encourage them to eat the food on offer. There are several free online survey tools you could use and entry into a prize draw could tempt them to take part.



Menu cycles

**The following pages contain ready-to-go menu cycles for your primary and secondary schools. Our chefs have worked hard to ensure these menus fit the school food standards as well as providing meals that will appeal to your pupils. You'll also find some handy hints and product suggestions, or if you want the full list of recipes, these are available from your sales representative or by emailing:
yourthoughts@bidfood.co.uk.**



Week 1: Primary



	Monday	Tuesday
Main Course	Homemade Beef Lasagne	Turkey & Vegetable Pie (using 1/2 wholemeal flour in pastry)
Vegetarian	Bean Loaf Slice	Quorn Lasagne
Starch Items	Garlic Bread	Mashed Potato
Vegetable Option 1	Peas	Cabbage
Vegetable Option 2	Coleslaw	Sliced Green Beans
Daily Option	Bread Salad Bar	Bread Salad Bar
Dessert Option 1	Frozen Yogurt and/or Fresh Pineapple	Yogurt and/or Watermelon
Dessert Option 2	Lemon Sponge with Custard	Orange Flavour Jelly with Mandarins

40-60g is the recommended portion size for vegetables

Tempt pupils with a well-presented, colourful salad bar

For vegetarians... a portion of non-dairy protein should be served on 3 or more days each week





Wednesday

Thursday

Friday

Chinese Pork

Roast Chicken with Stuffing

Breaded White Fish Fillet

Chick Pea & Lentil Korma

Quorn & Mushroom Stroganoff

Roasted Pepper, Tomato & Basil Tart

50/50 White & Wholegrain Rice

Simply Potato Roasts

McCain Simply Alternatives range are prepared without oil

Chips

Sweetcorn

Broccoli

Peas

Sliced Courgette

Carrots

Baked Beans

Bread
Salad Bar

Bread with no added fat or oil should be available every day

Bread
Salad Bar

Bread
Salad Bar

Yogurt and/or Green Grapes

Frozen Yogurt with Peaches (50% fruit)

Yogurt and/or Oranges

Apple & Rhubarb Crumble with Custard

Chocolate Flavour Mousse & Biscuit

Raspberry Ripple Flavour Ice Cream Roll

Make sure your recipe contains 50% fruit

Ensure lower fat milk is available for drinking at least once a day during school hours and ensure free fresh drinking water is available at all times



Week 2: Primary



	Monday	Tuesday
Main Course	Chicken & Sweetcorn Pasta	Baked Pork Sausages with Onion Gravy
Vegetarian	Vegetable Frittata	Aubergine & Lentil Casserole
Starch Items	Wholemeal Pitta Bread	Mashed Potato
Vegetable Option 1	Carrots	Sweetcorn
Vegetable Option 2	Broccoli	Green Cabbage
Daily Option	Bread Salad Bar	Bread Salad Bar
Dessert Option 1	Yogurt and/or Pineapple	Frozen Yogurt with Peaches (50% fruit)
Dessert Option 2	Jam Sponge with Custard	Cocoa Beetroot Brownie

40-60g is the recommended portion size for vegetables

Pulses are a great source of protein - dairy free too!

Bread with no added fat or oil should be available every day

Our hidden-goodness desserts are tried, tested and loved in schools!

For vegetarians...
a portion of non-dairy protein should be served on 3 or more days each week





Oily fish such as salmon, mackerel or sardines should be served once every 3 weeks



Wednesday **Thursday** **Friday**

Turkey Tikka Curry

Roast Beef & Yorkshire Pudding

Homemade Salmon & Ketchup Fishcake

Bean & Vegetable Sweet & Sour

Veggie Sausage with Onion Gravy

Cheese Flan

50/50 White & Wholegrain Rice

Use wholegrain options where possible

Simply Potato Roasts

McCain Simply Alternatives range are prepared without oil

Chips

Cauliflower

Mashed Swede

Peas

Carrots

Green Beans

Baked Beans

Bread
Salad Bar

Bread
Salad Bar

Bread
Salad Bar

Yogurt and/or
Green Grapes

Yogurt and/or
Honeydew Melon

Frozen Yogurt and/or
Oranges

Peach & Cherry Crumble with Custard

Make sure your recipe contains 50% fruit

Apple Pie with Custard

Parsnip & Coconut Flapjack

Parsnips are naturally sweet - great in this hidden-goodness flapjack



Ensure lower fat milk is available for drinking at least once a day during school hours and ensure free fresh drinking water is available at all times



Week 3: Primary



	Monday	Tuesday
Main Course	Beef Bolognaise with Wholemeal Pasta	Chicken Fajita
Vegetarian	Aubergine & Lentil Casserole	Cherry Tomato & Pepper Quiche
Starch Items	Breadsticks	50/50 White & Wholegrain Rice
Vegetable Option 1	Sweetcorn	Corn Wheels
Vegetable Option 2	Carrots	Peas
Daily Option	Bread Salad Bar	Bread Salad Bar
Dessert Option 1	Yogurt and/or Pineapple	Frozen Yogurt and/or Watermelon
Dessert Option 2	Cocoa Courgette Cake with Custard	Fruit Salad (100%)

We can recommend seasonal veg and help you source it from our specialist suppliers

Slice up mini corn on the cobs and call them 'Corn Wheels' for something a little bit different!

Desserts can't contain chocolate or confectionary so our recipe uses cocoa instead

Ensure lower fat milk is available for drinking at least once a day during school hours and ensure free fresh drinking water is available at all times





33746 - the ultimate non-fried MSC fish finger



60-90g of white fish is the recommended portion size for 4-10 year olds

Wednesday **Thursday** **Friday**

Margarita Pizza

Roast Loin of Pork with Apple Stuffing

Whitefish Fish Fingers

Vegetable Chilli

Quorn Cottage Pie

Macaroni Cheese

1/2 Jacket Potato

Simply Potato Roasts

McCain Simply Alternatives

Chips

Don't forget that food cooked in fat or oil should be served on no more than 2 days each week

Baked Beans

Parsnips

Peas

Coleslaw

Broccoli

Baked Beans

Bread
Salad Bar

Bread with no added fat or oil should be available every day

Bread
Salad Bar

Bread
Salad Bar

Yogurt and/or
Green Grapes

Frozen Yogurt and/or
Honeydew Melon

Yogurt and/or
Oranges

Blueberry Pancakes with Ice Cream

Coconut Rice Pudding

Carrot Cake

Blueberries are a great source of vitamins and minerals - really tasty too!

A colourful fruit salad can be a tempting, healthy dessert option



Week 1 Secondary



	Monday	Tuesday
Main Course 1	Chicken & Broccoli Bake	Lamb & Rosemary Hot Pot
Main Course 2	Spicy Beef Burrito	Turkey Sausage & Bean Casserole
Vegetarian	Vegetable & Bean Frittata	Quorn Shepherds Pie
Jacket Potato	Cheese & Beans	Tuna Mayonnaise
Starch Item	Cous Cous Salad	Mashed Potato
Vegetable Option	Sweetcorn & Carrots	Green Beans & Cauliflower Cheese
Salad	Seasonal Salad	Seasonal Salad
Sandwiches	Spicy Pulled Pork Wrap	Jerk Chicken Flatbread
Dessert Option 1	Cocoa Sponge & Custard	Blueberry Pancakes & Ice Cream
Dessert Option 2	Fresh Grapes & Yogurt	Dried Apricots & Banana Yogurt

330-410g potato is the recommended portion size for 11-18 year olds

Bread with no added fat or oil should be on offer every day





Our noodle pots are great on-the-go! Try serving in our handy recyclable paper pots - great for authenticity and portion control



Wednesday	Thursday	Friday
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Roast Loin of Pork with Sage & Onion Stuffing	Chicken Tikka Masala	Crisps Breaded Pollock Fillet with Tartare Sauce
Salmon & Sweetcorn Pie	Teriyaki Pork with Egg Noodles	Cheese & Tomato Flatbread Pizza
Lentil & Chickpea Casserole	Quorn Chilli Tacos	Roasted Vegetable Lasagne
Garlic Mushrooms	Cheese & Beans	Beef Chilli
Simply Potato Roasts <small>McCain Simply Alternatives range are prepared without oil</small>	Wholegrain Rice <small>Use wholegrain options where possible</small>	Chips
Carrots & Broccoli	Mixed Vegetables	Mushy Peas & Baked Beans
Seasonal Salad	Seasonal Salad	Seasonal Salad <small>80g is the recommended portion size for veg and salad for 11-18 year olds</small>
Pepper & Houmous Wrap	Cajun Hake Fillet Bap	Chicken Sub <small>Easy to sneak in extra salad!</small>
Lemon Drizzle Cake	Apple & Cherry Crumble with Custard	Mixed Berry Smoothie
Fresh Honeydew Melon & Yogurt	Mixed Dried Fruit & Frozen Yogurt	Fresh Pineapple & Yogurt

Ensure lower fat milk is available for drinking at least once a day during school hours and ensure free fresh drinking water is available at all times



Week 2 Secondary

	Monday	Tuesday
Main Course 1	Homemade Beef Lasagne	Lamb Koftas with Mint Yogurt Dip
Main Course 2	Chicken & Vegetable Pie	Chicken Korma
Vegetarian	Vegetable & Bean Hot Pot	Sweet Potato & Butter Bean Curry
Jacket Potato	Chicken Korma	Beans & Cheese
Starch Item	New Potatoes	Savoury Brown Rice or Cous Cous Salad
Vegetable Option	Broccoli & Sweetcorn	Carrots & Peas
Salad	Seasonal Salad	Seasonal Salad
Sandwiches	Cheese & Tomato Baguette	Chicken Pocket Pitta
Dessert Option 1	Cookie	Apple & Rhubarb Crumble with Custard
Dessert Option 2	Fresh Orange & Yogurt	Dried Mixed Fruit & Yogurt

330-410g potato is the recommended portion size for 11-18 year olds

Use wholegrain options where possible

Great on-the-go!

120g is the recommended portion size for yogurt





Bread with no added fat or oil should be on offer every day

Ensure lower fat milk is available for drinking at least once a day during school hours and ensure free fresh drinking water is available at all times

Wednesday	Thursday	Friday
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Roast Beef & Yorkshire Pudding

Chinese Chicken & Vegetable Stir Fry

Crispy Fish Fingers with Lemon Mayonnaise

Oily fish should be on the menu once or more every three weeks

Salmon with Chilli Sauce

Sweet & Sour Pork

Gammon & Pineapple

Cheese & Potato Quesadilla

Tomato, Quorn & Mascapone Pasta

Spiced Lentil Pattie

Tuna Mayonnaise

Cheese & Beans

Quorn & Vegetable Sweet & Sour

Simply Potato Roasts

McCain Simply Alternatives range are prepared without oil

Noodles

Don't forget chopsticks to add theatre and authenticity! Code: 03768

Chips

Cauliflower & Green Beans

Carrots & Sweetcorn

Peas & Beans

80g is the recommended portion size for veg and salad for 11-18 year olds

Seasonal Salad

Seasonal Salad

Seasonal Salad

Tuna & Salad Baguette

Spicy Beef Burrito

Quorn & Tikka Wrap

Strawberry Cheesecake

Pineapple & Cherry Sponge with Custard

Fresh Fruit Salad 100% fruit

Fresh Pineapple & Yogurt

Dried Apricots & Frozen Yogurt

Fresh Watermelon & Yogurt



Week 3 Secondary



	Monday	Tuesday
Main Course 1	Sweet Chilli Chicken	Mince Beef & Potato Pie
Main Course 2	Fish Pie with Cheddar Mash	Cumberland Sausage
Vegetarian	Quorn & Vegetable in Sweet & Sour Sauce	Mushroom Stroganoff
Jacket Potato	Cheese & Beans	Vegetable & Bean Curry
Starch Item	Noodles or Brown Savoury Rice	Mashed Potatoes
Vegetable Option	Carrots & Peas	Mixed Vegetables
Salad	Seasonal Salad	Seasonal Salad
Sandwiches	Spicy Pulled Pork Wrap	BBQ Chicken Wrap
Dessert Option 1	Mandarin Cheesecake	Sticky Toffee Pudding & Toffee Sauce
Dessert Option 2	Fruit Salad & Frozen Yogurt	Fresh Grapes & Yogurt

330-410g potato is the recommended portion size for 11-18 year olds

80g is the recommended portion size for veg and salad for 11-18 year olds

Use wholegrain options where possible

These desserts should contain at least 120g of yogurt





Bread with no added fat or oil should be on offer every day

Wednesday	Thursday	Friday
Roast Turkey with Sage & Onion Stuffing	Beef Bolognese	Crunchy Pollock Fillet with Tartare Sauce
Beef in Black Bean	Mexican Chicken Tortilla	Chicken & Sweetcorn Pizza
Quorn Sausages in Onion Gravy	Vegetable & Bean Frittata	Cheese & Tomato Quiche
Tuna Mayonnaise	Cheese & Beans	Spicy Meatballs
Simply Potato Roasts	Wholemeal Spaghetti or Cous Cous	Chips
Carrots & Broccoli	Green Beans & Sweetcorn	Mushy Peas & Beans
Seasonal Salad	Seasonal Salad	Seasonal Salad
Mozzarella, Pesto & Tomato Panini	Tandoori Chicken Flat Bread	Beef Tomato, Gherkin and Mozzarella Sub
Parsnip & Coconut Flapjack	Apple & Sultana Crumble	Carrot Cake
Mandarin Segments & Yogurt	Fresh Pineapple & Yogurt	Mixed Fried Fruit & Yogurt

Dessert with hidden goodness

Ensure lower fat milk is available for drinking at least once a day during school hours and ensure free fresh drinking water is available at all times



Week 4 Secondary

	Monday	Tuesday
Main Course 1	Chicken Casserole	Meatballs in Tomato Sauce <i>Great on-the-go!</i>
Main Course 2	Salmon in Parsley Sauce	Shepherds Pie
Vegetarian	Quorn & Vegetable Stew	Cheese & Tomato Flatbread Pizza
Jacket Potato	Tuna Mayonnaise	Cheese & Beans
Starch Item	Mashed Potato	Wholemeal Penne or Cous Cous Salad <i>Use wholemeal</i>
Vegetable Option	Cauliflower Cheese & Carrots	Mixed Vegetables
Salad	Seasonal Salad	Seasonal Salad
Sandwiches	Pepper & Houmous Wholemeal Pitta	Jerk Chicken Flatbread
Dessert Option 1	Fresh Fruit Salad	Jam Roly Poly & Custard <i>Contains 100% fruit</i>
Dessert Option 2	Frozen Yogurt & Mixed Dried Fruit	Pomegranate & Yogurt

330-410g potato is the recommended portion size for 11-18 year olds

These desserts should contain at least 120g of yogurt

Ensure lower fat milk is available for drinking at least once a day during school hours and ensure free fresh drinking water is available at all times





Wednesday

Thursday

Friday

Honey & Mustard Roasted Gammon

Chicken Fajita

Homemade Salmon & Ketchup Fishcake

Chicken & Sweetcorn Fusilli

Beef Chilli

Beef Burger

Cheese & Potato Pie

Leek & Mushroom Tagliatelle

Quorn Hot Dog topped with Cheese

Vegetable & Bean Curry

Cheese & Beans

Garlic Mushrooms

Simply Potato Roasts

McCain Simply Alternatives range are prepared without oil

Brown Savoury Rice

Chips

Carrots & Broccoli

Green Beans & Sweetcorn

Peas & Beans

80g is the recommended portion size for veg and salad for 11-18 year olds

Seasonal Salad

Seasonal Salad

Seasonal Salad

Meatball Sub

Cheese Toastie

Bacon & Cheese Baguette

Rice Pudding

Summer Fruit Cobbler

Cocoa Brownie

Dried Apricots & Frozen Yogurt

Peaches & Yogurt

Honeydew Melon & Yogurt

Bread with no added fat or oil should be on offer every day



A quick guide to...

The School Food Plan

The School Food Plan is exactly that – an agreed plan that has the support of government and many organisations, with the overall aim of improving food culture and meal uptake in schools.

There are many studies showing the impact of diet on learning and concentration in schools, but providing a wholesome lunch is only half of the solution. The School Food Plan contains actions which also aim to equip today's children with the skills they need to maintain a healthy lifestyle as they get older.

Food-based standards for school food

All food and drink provided by local authorities or school governing bodies to pupils on and off school premises must comply with these standards.

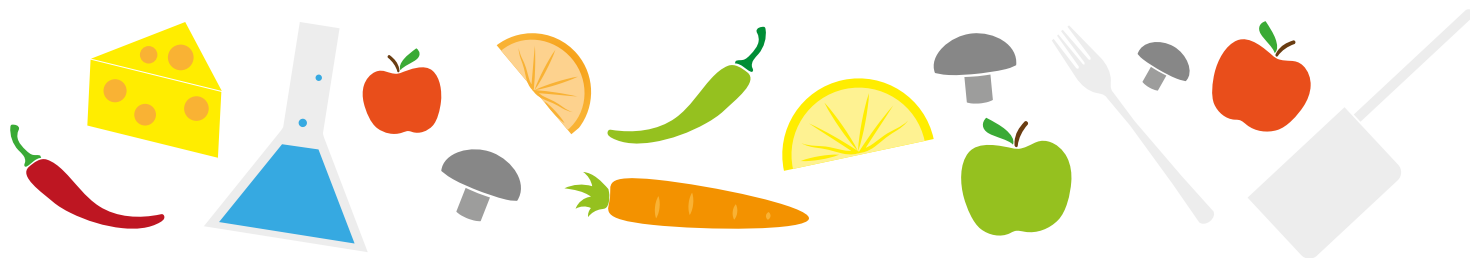
This includes during an extended school day (up to 6pm) and school trips, excluding residential trips.

Who the standards apply to

The food-based standards apply to all schools in England, with the exception of private schools, further education colleges or academies set up between 2010 and 2014.

Download the guidance from

<http://www.schoolfoodplan.com/standards/>



Practical guidance

The standards are accompanied by a handy 'Practical Guidance' document that provides caterers with a framework on which to build menus. It also provides top tips, recommended portion sizes and advice for preparing varied and tasty menus.

The guidance is designed to make it easier for school cooks and chefs to create imaginative, flexible and nutritious menus, without the need for complex nutritional analysis.

Our menu cycles and recipes throughout this brochure have been developed in line with this guidance.



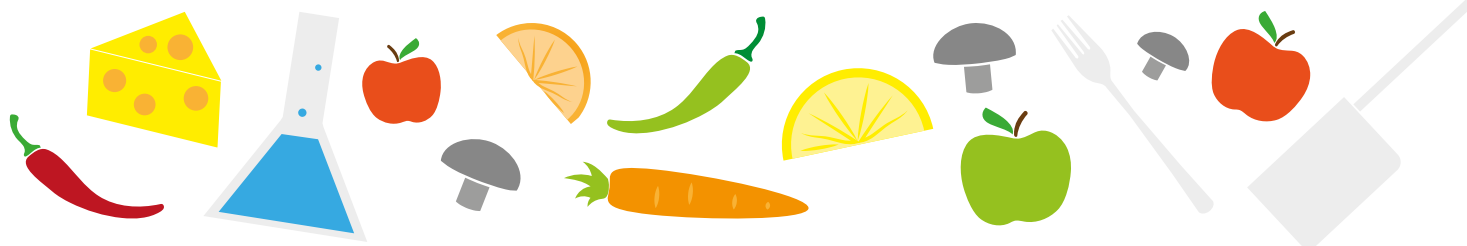
Food-based standards for food services other than lunch

Serving healthy snacks and drinks is just as important as a healthy lunch. That's why these standards apply to all food provision up to 6pm. They include:

- Breakfast
- Mid-morning snack
- Vending
- Tuck shops
- After school snacks and meals

They do not apply to:

- Parties or celebrations marking religious or cultural occasions
- Fundraising events
- Rewards and prizes
- Foods used for teaching e.g. in cookery classes
- Food bought on an occasional basis by parents or pupils



Free school meals

Universal Infant Free School Meals

All children in reception, year 1 and year 2 in state-funded schools in England and p1 - p3 in Scotland are eligible for free school meals. This includes pupils in maintained infant and primary schools, free schools, academies, schools for pupils with special educational needs and pupil referral units.

Means tested free school meals

Free school meals continue to be available to pupils (including primary, secondary and colleges) from lower income families and who are registered to receive one. It's important to encourage parents who are entitled to free school meals to apply for them, and to ensure your school receives the funding available.

For information about the free school meal provision for older pupils visit the Department for Education website.



Standards in Scotland, Wales & Northern Ireland

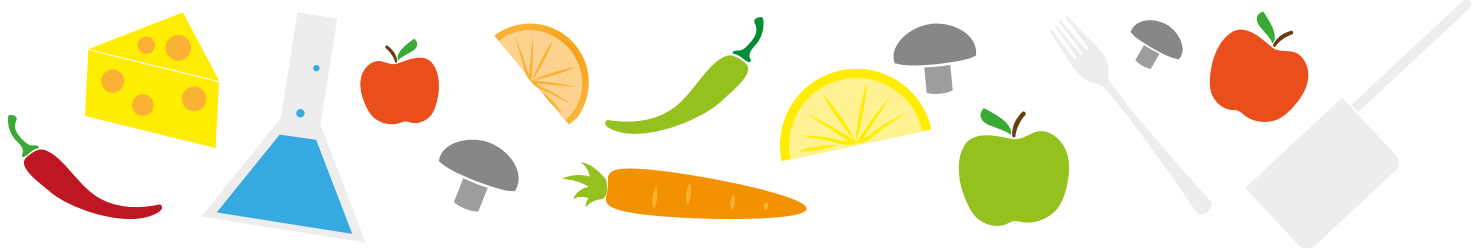
Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008 were introduced in primary schools in 2008 and in secondary schools in 2009, along with accompanying guidance entitled Health Promotion Guidance for local authorities and schools. Another scheme called Better Eating Better Learning has been created to provide added support and guidance to Scottish schools, local authorities, caterers, procurement departments, parents, children and young people to work in partnership to make further improvements in school food and food education.

The Welsh Assembly government's 'Appetite for life' action plan sets out actions for schools in Wales, and the Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 state the type of food which can and can't be provided by schools.

Northern Ireland's 'Catering for healthier lifestyles' outlines compulsory nutritional standards for school lunches, along with practical guidance to support healthy eating in schools.



We recommend using our recipe ideas and branded concepts alongside these guidelines to create varied and nutritious menu cycles.

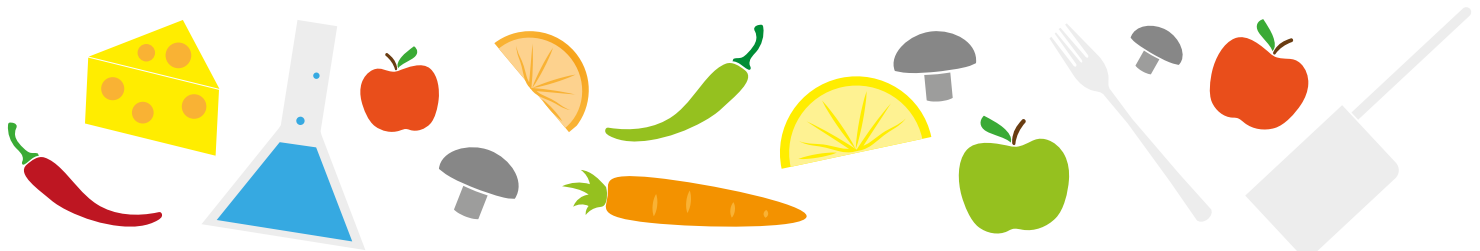


Guidelines for academies

Academies set up from 2010 – 2014 are not required to comply with the government standards for schools and are free to promote healthy eating and good nutrition as they see fit.

Academies and free schools founded between those dates are being encouraged to sign up voluntarily to the new standards, which they can do at www.schoolfoodplan.com/school-food-standards.

Academies set up prior to September 2010 and after June 2014 however are expected to comply with the terms and conditions written into their funding agreements that all food and drink provided must comply with the government standards for schools.



Tilda

We support
mary's
meals

Big Meal GIVEAWAY



For every bag of Tilda wholegrain rice sold
Tilda will donate a meal to Mary's Meals*

For more information, visit
tildafoodservice.com

 @TildaChef

*Tilda will make a 7p donation from the sale of every bag of Brown & White Rice (5kg), Wholegrain Basmati Rice (5kg) and Easy Cook Brown Wholegrain Rice (5kg) to Mary's Meals

Contact us

Call your local depot, or register online with our easy to use website that works perfectly on whatever device you use.

Basingstoke	0370 3663 800	Nottingham	0370 3663 420
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Bicester	0370 3663 285	Paddock Wood	0370 3663 670
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Chepstow	0370 3663 295	Salisbury	0370 3663 650
Edinburgh	0370 3663 480	Slough	0370 3663 250
Gateshead	0370 3663 450	Stowmarket	0370 3663 360
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Lee Mill	0370 3663 600	Wakefield	0370 3663 400
Manchester	0370 3663 400	Worthing	0370 3663 580

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Always refer to the product packaging for information on it's contents.
We do not warrant information provided by third party manufacturers.
If you require further details please contact our Advice Centre on 0370 3663 000

Any supply by us is subject to the "Bidfood trading terms" (a copy of which is available on request).

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