



# Food and Nourishment

At Ufton, we understand that providing nutritious and enjoyable meals is an essential part of creating a positive experience for every child. We are proud to hold a 5-star food and hygiene certificate, reflecting our commitment to maintaining the highest standards of food safety and cleanliness.

Our meals are carefully planned and prepared fresh onsite by our chef, with a focus on **quality, variety, and balance**.

## What we provide

**Balanced Meals:** Each meal is designed to offer a healthy balance of proteins, carbohydrates, fruits, and vegetables. We use fresh, seasonal ingredients whenever possible to ensure the best quality.

**Catering to All Tastes:** We know that children can have a wide range of tastes and preferences, so we offer familiar, child-friendly dishes that appeal to even the pickiest of eaters. From classic favourites like pasta and chicken burgers to more adventurous options, we aim to provide something that every child will enjoy.

**Healthy Snacks:** In addition to meals, we also provide a range of healthy snacks throughout the day, including fresh fruit, vegetables, and home baked healthy treats to keep children energised and focused.

## What's on the menu?

Here are some examples of what you can expect during your stay:

**Breakfast Options:** Each morning, we offer a healthy, filling breakfast to set children up for the day. This might include items such as:

- A selection of cereals (like cornflakes or Weetabix)
- Toast with butter or jam
- Fresh fruit

**Lunch Options:** Lunch is designed to be hearty but approachable, with meals that are sure to appeal to young palates. Some of our popular lunch items include:

- Veggie Burgers with fresh salad
- Hot Dogs with fresh salad
- Jacket Potatoes with a variety of toppings (cheese, beans, tuna)
- Chicken Fajita wraps with fresh salad



**Dinner Options:** After a day full of activities, dinner offers a comforting and nutritious way to end the day. Examples include:

- Mild Chicken Curry, Rice and Naan Bread
- Pasta Bake with garlic bread and roasted vegetables
- Sausages, Potato Gratin and seasonal vegetables

**Desserts:** We include a range of tasty desserts, freshly baked by our chef to keep things fun and balanced. Some of our dessert options include:

- Fruit Crumble with Custard
- Sticky Toffee Pudding and Cream
- Chocolate Brownies

**Banquets:** As part of our immersive history programme, we also offer a special **themed banquet** to match the historical topics children are exploring. This unique dining experience is decorated with period-appropriate props, with all guests in costume, allowing children to fully embrace the spirit of the period they are learning about.

The banquet includes banquet roast chicken, roast potatoes, corn on the cob and baskets of bread, finished off with a banquet cake and fresh fruit.





## Dietary Needs and Allergies

At Ufton, we take special care to address any dietary requirements, allergies or those with diagnosed medical conditions.

Working closely with schools, we endeavour to meet **each child's dietary needs**. Whether they require gluten-free, dairy-free, vegetarian, or other specialised diets. We also make sure to communicate any necessary food adjustments with the school, allowing parents/guardians to stay informed.

Whilst we are unable to cater for food preferences, no child will ever leave the dining room hungry. Bread, butter and fruit will be available at each mealtime, and we often find that children enjoy trying new foods at Ufton.

**The safety of all children is our top priority.** Our catering team are fully trained in food safety and hygiene practices, and we follow strict protocols to avoid cross-contamination in the preparation of meals for children with food allergies.

We endeavour to be a nut free site, in that no nuts are allowed onsite. However, we cannot guarantee that the ingredients we use are all not free.



At Ufton, mealtimes are about more than just food — they are a chance for children to relax, recharge, and connect with their peers in a friendly, welcoming environment.

We provide meals that are not only nutritious but also enjoyable for children. By creating a mealtime experience that helps children thrive while ensuring they are safe and do not go hungry.

For any questions or to discuss your child's dietary needs, for more information or to discuss specific dietary requirements, please reach out to us through your school's trip lead.