

A TERMLY UPDATE FROM LODESTONE HOUSE

# Wholesome Food, Inclusive Environments and a Kind, Dependable Team Every Day.

At Lodestone House, what we do is about so much more than what goes on the plate. It's about caring for the pupils we serve to make them feel at home when they eat at school.

We believe that empowering pupils with information about our food system is pivotal, and so we're excited to share what's ahead as we continue to build healthy habits and confidence in food choices – all designed to connect pupils to food, from **GARDEN** to **KITCHEN** to **CLASSROOM**.

## Garden Highlights

As we move into a new summer term, we continue to spotlight monthly seasonal produce, cultivating the ethos that eating seasonally not only tastes good but helps the environment too.

The courgette is a delicious summer squash, popular in Mediterranean cuisine, featuring a slightly sweet and earthy flavour. It is very versatile and can be eaten crisp and raw in salads, spiralised into a healthier pasta alternative, roasted until browned and tender, or sliced and charred, like in our feature recipe below; a wholesome, flavourful salad perfect for the lighter months.



# Recipe of the Term

Crushed Pea, Mint & Charred Courgette Bulgar Wheat

Serves: 4 | Prep time: 15 mins | Cook time: 20 mins

## Ingredients

75g Bulgar Wheat  
1 tsp Ground Turmeric  
75ml Vegetable Stock  
1 Bay Leaf  
1 Courgette  
1 tsp Rapeseed or Olive Oil  
1 small Garlic Clove, minced  
Pinch Black pepper  
100g Frozen Peas, defrosted  
1 small Spring Onion, finely sliced  
Small handful Fresh Mint, Parsley, and Chives

## Method

### 1. Toast the Grains

Preheat your oven to 180°C. On a baking tray, toss the dry bulgar wheat with the turmeric. Toast in the oven for about 10 minutes until it smells nutty and looks lightly golden.

### 2. Cook

Transfer the toasted wheat to a small ovenproof dish. Pour over the vegetable stock, add the bay leaf, and cover tightly with foil. Pop it back in the oven for 8–10 minutes until the liquid is absorbed. Remove and let it cool.

### 3. Char the Courgettes

While the wheat cools, slice your courgettes into thin ribbons (a vegetable peeler works great for this!). Toss them in a bowl with the oil, minced garlic, and black pepper. Sizzle them in a hot griddle or frying pan until they have charred marks.

### 4. Crush the Peas

Take half of your defrosted peas and gently crush them with a fork or pulse them briefly in a blender. This helps the flavour bind to the bulgar wheat.

### 5. Assemble

In a large bowl, fluff the bulgar wheat with a fork (discard the bay leaf). Fold in the whole peas, the crushed peas, charred courgettes, and sliced spring onions.

### 6. Finish

Roughly chop the mint, parsley, and chives. Fold them through the salad just before serving to keep the colours bright and the flavours punchy.



## Kitchen Highlights

Our nutrition and culinary teams work together to ensure that our menus deliver on both nutrition and taste. Our continuous menu innovation ensures we offer a range of signature, popular classic school dishes, along with authentic recipes to celebrate cultural diversity, and planet-positive meals that deliver on sustainability and flavour.

This term sees a colourful assortment of food-themed pop-up events, including **St George's Day**, **Cinco de Mayo**, **Fish & Chip Day** and **World Environment Day**. We will celebrate global cuisines with **Greek**, **Mexican** and **USA** inspired menus, whilst also supporting Veg Power's '**Big Bean Boost**' campaign with our own dedicated '**Full of Beans**' menu. Veg Power have partnered with The Food Foundation on a three-year mission to get the UK eating more beans, pulses, and legumes for better health and sustainable eating.



## Classroom Highlights

This term, we will be teaching two important themes through our 'Classroom' programme, with both helping children understand how their food choices support their health and the environment, encouraging simple habits that make a real difference:

- **Food Saviours**  
Pupils will explore easy ways to waste less food both at school and at home. They'll learn about the wider impact of food waste on society, helping build awareness and responsibility by showing how everyday choices can protect the planet. This will link in with our celebration of **Stop Food Waste Day** in April.
- **Seasonality**  
Children will discover what grows in the UK throughout the year, why seasonal foods are often fresher and tastier, and how choosing them supports the environment.

**WE WILL ALSO BE OFFERING TWO WORKSHOPS TO BRING THESE THEMES TO LIFE:**

### **Food Waste Workshop**

Pupils explore the impact of food waste, simple ways to waste less food and learn why reducing waste matters both locally and globally.

### **Eating Sustainably Workshop**

Pupils discover how food and climate change are connected and how small, sustainable choices can create meaningful impact.

## Quinton House School Spotlight

Welcome to the Summer Term!

This term we have visits planned with Charlotte Macey, the Lodestone House Nutritionist. She will be delivering 'Stop Food Waste' workshops with the Prep School Students and Year 7-9 in Senior School.

We held A Greek Pop Up Day for the Salad Bar in Senior School on Wednesday 22<sup>nd</sup> of April. Students sampled a mezze of dishes including Tzatziki, Grilled Mediterranean Vegetables, Dolmades, Spinach and Feta Parcels, Chicken Skewers and Greek Salad.

We will be holding a variety of Theme Days across the term such as 'Stop Food Waste Day', individual bee cupcakes for 'World Bee Day' in Prep School, Cinco de Mayo menus for both schools and an American Theme Day for both schools.

We will also be championing the seasonal produce throughout the term for both schools.

There will also be a range of large end of term events that Lodestone House will be proud to cater for, ranging from Sports Day BBQ for Prep School, Year 11 Prom Dinner, Awards Afternoon and Awards Evening.

We look forward to catering for the students and staff each day as well as for the hospitality events.

