

CONNECT CATERING SERVICES / 68  
EST 1986

with fresh food that  
drives value & inspires

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“Fresh food is our passion.  
People are our strength.”

# Feeding your numbers

## Why Schools Choose Connect

We understand the real challenges schools face: rising costs, growing parental expectations, attendance concerns, wellbeing demands and the pressure to stand out in a competitive landscape. Connect helps schools overcome these hurdles with a catering service that works hard behind the scenes to deliver real, measurable value.

- Fresh, nutritious meals that improve focus, behaviour, and physical performance
- Support for pupil wellbeing and mental health through consistent, balanced nutrition
- Stronger enrolment and retention through a standout dining experience that parents notice
  - Clear, efficient pricing with no hidden extras and minimal waste
- Our open book policy gives full visibility, you can view any invoice at any time, ensuring complete transparency and accountability across every part of your catering service
- Sustainability and ESG leadership aligned with school values and inspection frameworks
  - Dedicated relief teams and staff development so you're never left short-handed
    - 100% compliance with food safety, allergens, and nutritional guidelines
  - With Connect, you can focus on education while we help feed your numbers



# A taste of Connect Catering

Established in 1989, Connect is a family-run, independent contract caterer with over 30 years of experience in education catering. We specialise in tailored, fresh food services for nursery schools, preparatory and senior schools, SEND settings, colleges, and boarding environments.

Every service is built around the unique culture, community and operational needs of each school. We're agile enough to offer a personal touch and experienced enough to deliver long-term value.

We hold **ISO 9001** certification, a recognised quality standard that demonstrates we deliver what we promise. Our systems, standards and processes are regularly audited to ensure we consistently meet the highest expectations for service, safety, and satisfaction.

With Connect, you get more than a catering provider. You get a trusted partner focused on outcomes that matter, wellbeing, achievement, reputation, and enrolment.





# Stimulating the mind & body

With a large proportion of daily calories consumed during the school day, what pupils eat matters: academically, emotionally and physically.

At Connect, our menus are built to enhance attention, improve mood and support cognitive development. Balanced nutrition fuels academic focus and helps reduce behavioural issues. It also provides the physical fuel needed for PE, training and sporting achievement, vital in today's whole-child education strategies.

Our food is fresh, seasonal and packed with natural energy, designed to support classroom learning, boost attendance and power physical performance.

A report by the National School Breakfast Programme found that 94% of schools saw improved behaviour and attainment with healthy breakfasts, and 95% noted improved attendance. Better food equals better outcomes, and that's how we help feed your numbers.

“Everyone has been raving about the quality of the meals.”

# Growing a partnership

We believe strong partnerships are built on shared values, care, reliability and mutual respect. At Connect, we work collaboratively with each school to become an extension of your team.

We tailor every aspect of the service, from menu planning to allergy management, around your pupils' needs and your operational goals. Our excellent training and investment in your team (achieving IIP Gold) means you'll feel the consistency, warmth and professionalism from day one.

Our food doesn't just support your pupils, it supports your vision.

“ Your catering team has been working so hard and we're so happy to have them with us. ”



# Starting the day right

The most important meal of the day, to kick start the metabolism and provide energy for the morning.



## Breakfast Club

### Something Savoury

(vegetarian options available)

- Bacon Sandwiches
- Sausage Sandwiches
- Beans on Toast
- French Toast
- Tomato & Cheese Croissant

### Something Sweet

Superfood Yoghurt with Fruit Purée & Granola

- Porridge Breakfast Bar
- Toast with Butter & Jam
- Banana Pancakes

### Available Daily

A Selection of Freshly Made Breads, Cereals, Yoghurt Pots, Freshly Cut Fruit & Dried Fruit

### Drinks

Fruit Juice, Squash, Milk, Flavoured Milk & Water





# Weekly Menu

## Monday

### Soup of the Day

Cream of Tomato & Basil

### Something Hot

Baked Tomato Pasta

### Something Vegetarian

Ratatouille & Goat Cheese Frittata

### On The Side

Garlic Bread  
Roast Courgettes  
Steamed Carrots

### Something Sweet

Plum & Apple Cobbler  
with Whipped Cream

## Tuesday

### Soup of the Day

Mинestrone

### Something Hot

Mild Chicken Korma

### Something Vegetarian

Tempeh & Mixed Vegetables

### On The Side

Jasmine Rice  
Minted Peas  
Bombay Potatoes

### Something Sweet

Eve's Pudding  
with Custard

## Wednesday

### Soup of the Day

Chicken & Sweetcorn

### Something Hot

Honey Glazed Gammon with  
Yorkshire Pudding & Gravy

### Something Vegetarian

Roast Bell Peppers &  
Giant Cous Cous

### On The Side

Roast Potatoes  
Parsnips & Carrots  
Red Cabbage

### Something Sweet

Chocolate Rocky Road

## Thursday

### Soup of the Day

Cauliflower & Cheddar

### Something Hot

Chilli Con Carne

### Something Vegetarian

Vegan Chilli Con Carne

### On The Side

Long Grain Rice  
Roast Broccoli  
Sweet Potatoes

### Something Sweet

Melon Salad  
with Mixed Fruit Yoghurt

## Friday

### Soup of the Day

Mild Spice Pumpkin

### Something Hot

Oven Baked Battered Cod  
with Freshly Made Tartare  
Sauce & Lemon

### Something Vegetarian

Sun Dried Tomato  
& Red Onion Quiche

### On The Side

Chunky Chips  
Roast Tomatoes  
Mushy Peas

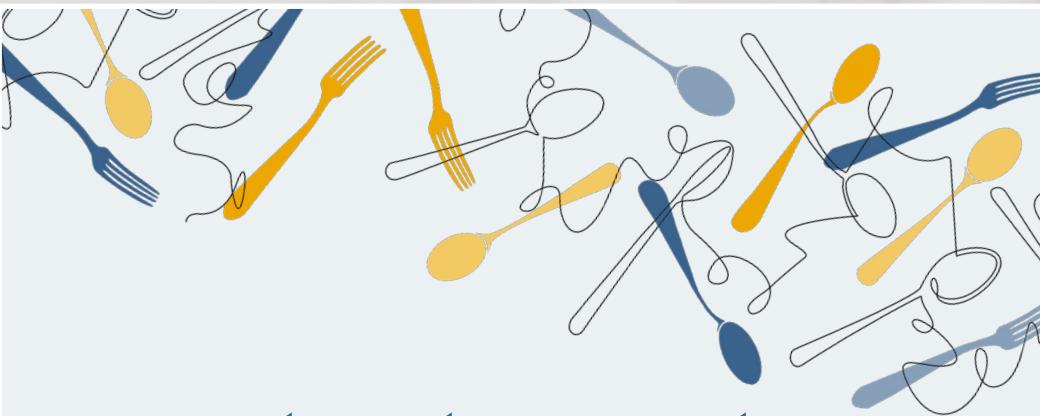
### Something Sweet

Stick Toffee Pudding  
with Toffee Sauce



# Fuelling your adventure

We provide packed lunches to keep pupils and staff energised and ready for action throughout the day. Our lunches are thoughtfully prepared to ensure everyone has the fuel they need for a fantastic day out, whether it's an educational trip or an outdoor adventure. With our balanced and delicious options, you can focus on the experience while we take care of the nourishment.



# Packed Lunch

When booking a packed lunch for your activity, please select an item from each section to form the lunch of your choice. Please talk to a member of the Catering Department if you have any special requirements, dietary needs or allergies. Packed lunches will be charged at the same cost as a lunch options.

## Lunch

- Ham & Cheese Wrap
- Chicken Noodle Salad
- Tuna & Cucumber Pitta Pocket
- Jerk Style Chicken Rice Box
- Chilli Bean Rice Salad
- Nut Free Pesto Pasta Pot
- Chicken & Butternut Squash Pastry
- Roasted Vegetable Pizza Fingers
- Falafel & Tzatziki Wholemeal Pitta Pocket
- California Veggie Sandwich
- Tuna & Coleslaw Sandwich
- Roasted Ham & Tomato Wrap
- Chicken with Crunchy Salad

## Extras

- Orange Smiles
- Apricot & Ginger Flapjack
- Carrot & Apple Muffins
- Chewy Apple & Oat Bars
- Cherry Tomatoes
- Cucumber & Red Pepper Slices

## Snack

- Cheese Cubes
- Carrot Batons with Tzatziki
- Nut Free Pesto & Cheese Straw Puffs
- Carrot Sticks
- Breadsticks with Red Pepper Houmous
- Water

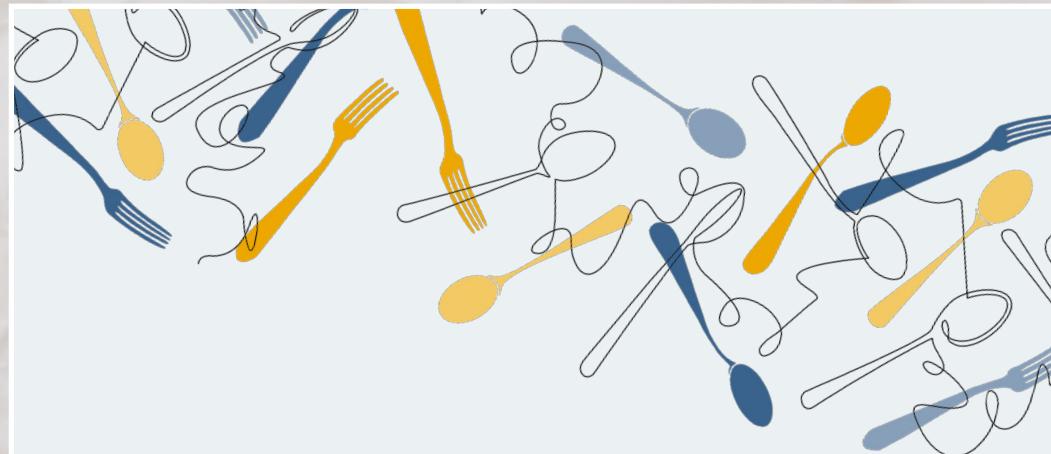
## Dietary Requirements

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# Forest School Adventure

## Trail One

Troll Eyes (Houmous) served with Hedgehog Crackers

## Trail Two

Fox Ears (Goats Cheese, Sun Dried Tomatoes & Nut Free Pesto) in Buns

## Between The Trees

Boars in Blankets  
Great Horned Owl Mac 'N' Cheese  
Lizard Corn Fritters with a Tomato Salsa

## On The Mud Path

Beetle Wings (Potato Crisps)  
Tree Roots (Pretzel Sticks)

## Sweet Bites

Badger Doughnuts  
Woodpecker Cake  
Forest Popcorn



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# Supporting your catering service

From managing daily operations to navigating unexpected challenges, Connect provides robust and responsive support that keeps your catering running smoothly.

Your dedicated Operations Manager provides direct, on-site support with scheduled visits at least twice a month to maintain high standards in food quality, hygiene, and service delivery. These visits allow for close communication with your team, proactive issue resolution, and continuity across all aspects of the service.

Working closely with the Chef Manager, they deliver ongoing training, oversee compliance with health and safety and allergen legislation, and support continuous improvement. They also monitor key performance indicators, such as meal uptake and waste reduction, and oversee financial reporting - ensuring complete

transparency and adherence to agreed budgets through our open book policy, which allows you to view any invoice at any time.

To support your wider goals, we provide clear, easy-to-understand reporting and regular service reviews, all tailored to your school or college's specific needs. Whether you're managing cost pressures, compliance expectations, or just looking for fresh ideas, we're here to support you - consistently and personally.

Our relief team is always ready to step in when needed - whether for emergency cover, deep cleans, or large-scale events. You'll never be left short-handed or under pressure.

“ It was a pleasure to meet the Connect team, the food and service were fantastic. ”





# Connect's 7 key ingredients

## Real Food, Real Standards, Real Impact.

**Traceable from Field to Fork:** all our suppliers are fully audited, giving you complete confidence in our ingredients and the journey they've taken.

**Meat You Can Trust:** we only source meat that meets strict animal welfare standards - high quality, responsibly produced, and fully transparent.

**Only Free-Range Eggs:** we use British Lion marked or RSPCA Assured free-range eggs in every kitchen. Always fresh, always ethical.

**British Milk, Always:** all our fresh milk comes from British farms - supporting local producers and reducing food miles.

**Sustainably Sourced Fish:** our fish is sustainably caught, and wherever possible, certified by the Marine Stewardship Council - good for pupils, great for the planet.

**Seasonal Fruit & Vegetables:** we serve what's in season - it tastes better, travels less, and makes the most of nature's rhythm.

**From Waste to Fuel:** our used cooking oil doesn't go to waste - we recycle it into clean-burning biofuel as part of our zero-to-landfill approach.





# Nurturing our teams

Great school food depends on great people. That's why we invest in every individual across our catering teams, from training and mentoring to career development and wellbeing.

We focus on building motivated, skilled, and confident staff who feel part of the school community and understand their role in supporting your pupils.

When your catering team feels supported and valued, they deliver a consistent service that reflects well on your school and keeps parents reassured.

“ Always served with a smile, it really makes a difference. ”

# What our clients say

We believe the best measure of our service is the feedback we receive from the schools we work with. Here's what some of our clients have to say about their experience with Connect:

“ Just a quick note to say that I thought the lunch today, chicken pie and syrup sponge, was insanely good! Thanks so much for the efforts you go to, making the pupils happy and keeping the food standards so high. I know everyone has been raving about the quality of the meals. ”

- Teacher at an Independent School

“ I just wanted to say how special lunch was today, the colours, smell and variety on offer were superb. A great effort by your team, and as ever, served with a smile. My halloumi slider and accompanying salad were lovely, and I sat in the Headmaster's garden in the sunshine. All that was missing was a glass of prosecco! ”

- Bursar at an Independent school

“ I just wanted to take a moment to express my gratitude to Connect Catering for the fantastic Christmas lunch provided for the staff. Rahul and the team really went above and beyond with both the delicious food and excellent service. It was also a pleasure to meet Victoria. ”

- Bursar at a Theological College







# Protecting our planet one plate at a time

Sustainability is front and centre for schools, from inspections to parent expectations. At Connect, it's embedded in everything we do. We prioritise responsible sourcing, waste reduction, and long-term climate goals.

Our fleet is 100% hybrid or electric

We've purchased our two acres of Atlantic Rainforest for rewilding

Our Head Office runs on solar power (42 panels and growing)

We're cutting internal paper use by 50%

Our schools are running waste reduction campaigns right now

We're fully committed to achieving Net Zero

We hold ISO 14001 for Environmental Management and ISO 50001 for Energy Efficiency, formal recognition that our practices meet the highest environmental and energy standards.

You won't just meet your sustainability targets, you'll show leadership.

# Adding fun to mealtimes

Food should be fun, too. We bring creativity into dining spaces with interactive events, pop-up food concepts and themed menus that delight pupils and create community spirit.

From World Book Day to Lunar New Year, our events make mealtimes memorable. They also build engagement, boost uptake and contribute to a positive school culture.

“I just wanted to share the amazing African themed lunch we had today celebrating black history week - everyone was talking about how great everything was. Your catering team has been working so hard and we are happy to have them with us! ”

- Bursar, Independent School, Buckinghamshire



# WORLD Book Day!

## MENU



Wormy Spaghetti  
The Twits



Farmer Boggis's Chicken  
Fantastic Mr Fox



Supertato Wedges covered in Cheese

Medley of Broccoli & Cauliflower

Evil Peas escaped from the freezer



Bruce Bogtrotter's Chocolate Cake  
Matilda



# A Taste Of Greece

## Mains

Moussaka  
Meatballs in a  
Olive & Tomato Sauce  
Lamb Kleftiko  
Spanakopita  
(Spinach & Potato Filo Pie)

## Sides

Greek Fries  
Spanakorizo (Spinach Rice)  
Roasted Mediterranean  
vegetables

## Puddings

Honey Cookies  
Baklava  
Orange Cake

## Salad bar

Greek Salad  
Watermelon & Feta Salad  
Orzo Pasta, Tomato & Basil  
Salad  
Chicken Gyros  
Halloumi Kebabs  
Chicken Souvlaki  
Tzatziki  
Houmous



# A TASTE OF Egypt

## Menu MAIN

Egyptian Style Lamb & Chickpea Tagine  
or  
Egyptian Style Mixed Vegetable Bake

Served with Cous Cous, Peas & Sweetcorn

## DESSERT

Egyptian Sweet Cookies



# A TASTE OF THE WILD WILD WEST

## MAINS

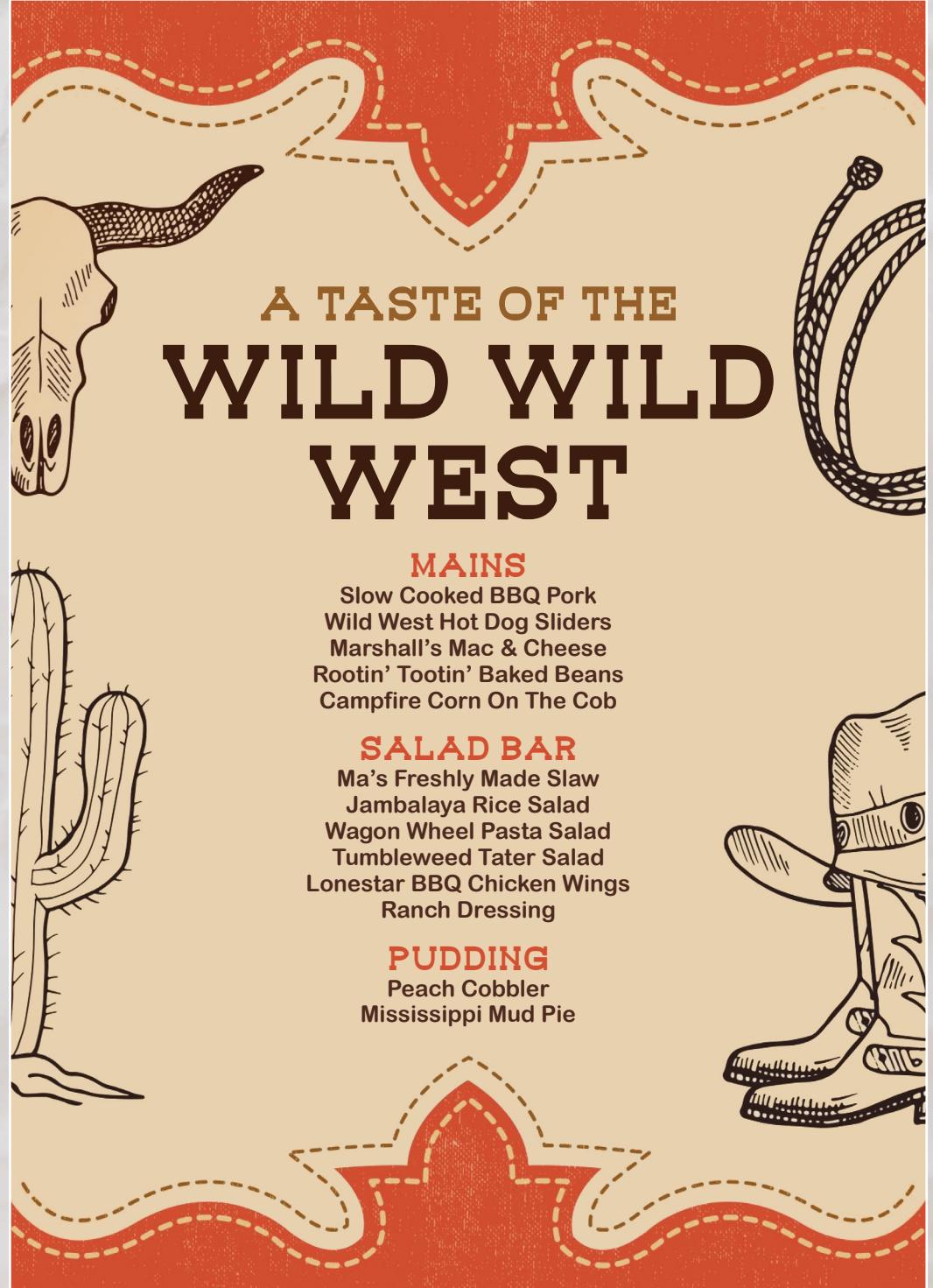
Slow Cooked BBQ Pork  
Wild West Hot Dog Sliders  
Marshall's Mac & Cheese  
Rootin' Tootin' Baked Beans  
Campfire Corn On The Cob

## SALAD BAR

Ma's Freshly Made Slaw  
Jambalaya Rice Salad  
Wagon Wheel Pasta Salad  
Tumbleweed Tater Salad  
Lonestar BBQ Chicken Wings  
Ranch Dressing

## PUDDING

Peach Cobbler  
Mississippi Mud Pie



# Awards & Accreditations

At Connect, we believe in backing up our promises with proof, through consistent third-party accreditation and industry recognition. These awards and certifications are more than badges; they're assurances that your catering partner is reliable, responsible, and focused on excellence.

## INVESTORS IN PEOPLE® We invest in people Gold

We invest in every member of our team to help them perform at their best, and that pays off in consistency, quality, and loyalty. We've held Investors in People accreditation since 2000, achieving Gold in 2011 and retaining it in every assessment since.

## THE SUNDAY TIMES Best Places To Work 2023

Rated Excellent, this shows our commitment to creating workplaces where teams feel valued, energised and motivated to give their best to your school.

## THE SUNDAY TIMES 100 Best Companies To Work For

We ranked No. 1 nationally in 2019 and have been in the top 5 three times, a reflection of how well we engage and support our people.

### ISO Certifications - What They Mean for Your School

We hold ISO certifications across four key areas, each one carefully chosen to ensure safety, consistency, sustainability, and peace of mind for your school community.

#### ISO 9001 - Quality Management

Audits confirm that the service standards we promise are delivered across every school we work with, no matter the size or location.

#### ISO 14001 - Environmental Management

Sustainability is embedded into business decisions at every level, helping your school meet its environmental goals with confidence.

#### ISO 50001 - Energy Management

We actively support schools in reducing energy usage, helping you lower your environmental impact and save costs at the same time.

#### ISO 45001 - Health & Safety Management

In any environment with children, safety and safeguarding are non-negotiable. This standard is clear evidence of how seriously we take our responsibility to protect every pupil, staff member and visitor.



# Let's feed your numbers

Whether you're looking to refresh your current offer or completely rethink your catering model, we'd love to hear from you.

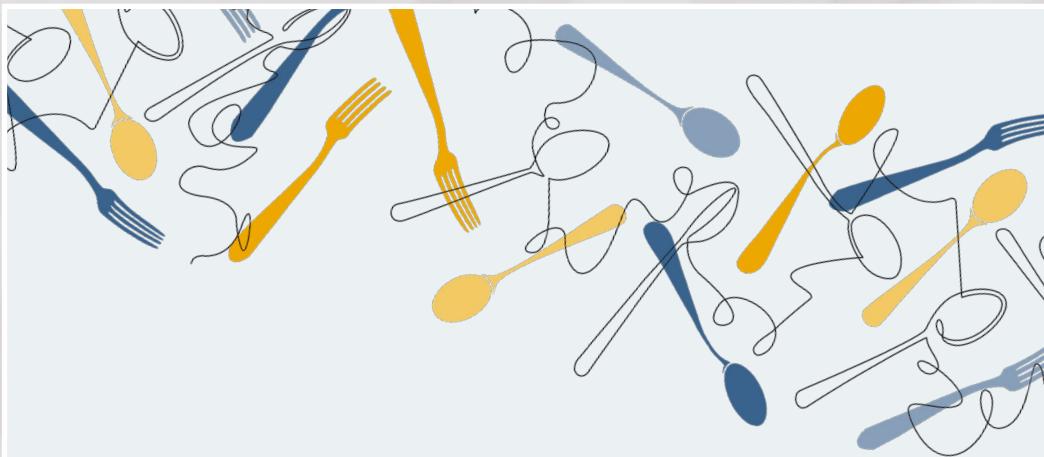
At Connect, we don't just deliver great school meals, we create exceptional food experiences that elevate every moment of school life.

From vibrant sandwich platters that excite, to fresh and dynamic match teas, elegant house dinners, and show, stopping summer balls, our hospitality service is crafted to impress. Every event is tailored with creativity, care and a commitment to quality that leaves a lasting impression on pupils, staff, and parents alike.

Whatever the occasion, we bring flair, flexibility and attention to detail, ensuring your events are not only seamless, but truly memorable.

**Connect Catering - fresh food,  
happy pupils & the results to prove it.**





# Cold Fork Buffet

## Main Course

- Shaved Pastrami with Pickles, Rocket & Parmesan
- Ham Hock Bon Bon with New Potatoes & Piccalilli
- Poached Salmon Supreme with Watercress, Fennel & Soft Boiled Hens Egg
- Crispy Thai Shrimp Cakes with Mango Dip
- Buffalo Mozzarella with Herbs & Sugar Cured Tomatoes
- Classic Chickpea & Sweet Potato Falafels with Mint Yoghurt

## Side Dishes

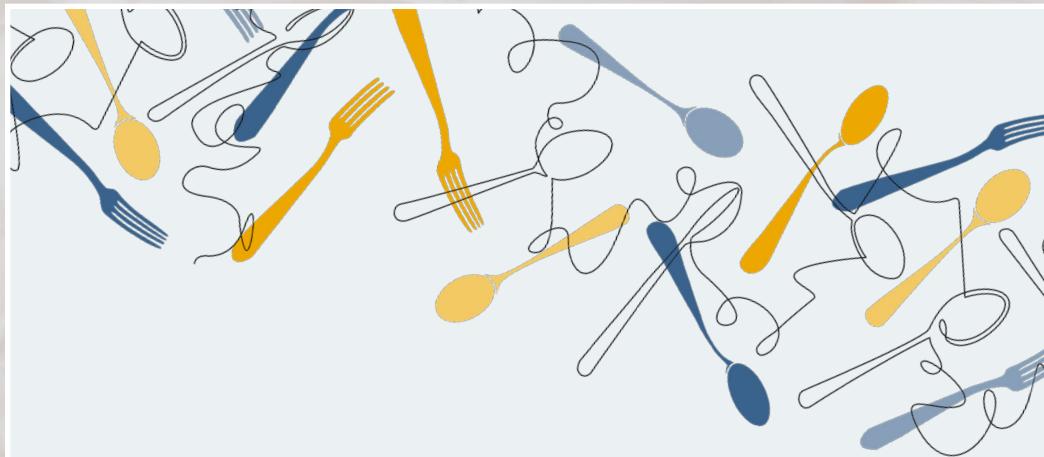
- Mixed Baby Leaf Salad
- Roasted Courgette, Sun Blushed Tomato & Chervil Salsa
- Heritage Tomato, Oregano & Shaved Parmesan Salad
- Adzuki & Edamame Bean Salad with an Aromatic Soy Dressing

## Desserts

- Sicilian Lemon Tart with Cream
- New York Cheesecake with Salted Caramel & Honeycomb
- Fresh Fruit Platter with Passion Fruit Crème Fraîche



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# Hot Fork Buffet

## Main Course

- Korean Shredded Beef with Sticky Rice
- Pan Fried Pollock with Braised Gem Lettuce & Rocket Pesto
- Fettucine with Roasted Ratatouille & Parmesan

## Accompaniments

- Shredded Wilted Greens
- New Potatoes with Caramelised Shallots
- Fennel, Radish & Black Eyed Beans
- Roasted Beets, Fennel & Quinoa Salad

## Desserts

- Chocolate Brownie Cheesecake
- Orchard Apple Tarte Tatin with Ice Cream
- Blackberry Parfait



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# Match Teas

## Pupils Hot Winter Match Teas

Cumberland Sausage with Mash & Baked Beans  
Tuna, Fusilli Pasta, Creamy Cheddar & Herb Bake with Garlic Ciabatta  
Hot Chocolate

## Pupils Summer Match Teas

Honey Roast Ham with Smoked Cheese Bloomers  
Chunky Houmous Salad Wrap  
Lemonade Cup Cakes  
Freshly Made Blackcurrant & Apple Cordial

## Parents Hot Winter Match Teas

A Mug of Sweet Potato & Roasted Red Pepper Soup  
Sticky Ginger Loaf with Frosted Lemon Topping  
Hot Crumpets with Butter & Jam  
Tea & Coffee

## Parents Summer Match Teas

Greek Salad Pittas with Kalamata Olives  
Pressed BLT Focaccia with Mustard Mayonnaise  
Beetroot Crisps  
Mini English Strawberry Trifle  
Mango Sparkling Water  
Tea, Coffee or Minted Tea

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# Canapés

## Fish

Smoked Haddock Croquettes with Pea Purée  
Smoked Salmon Blinis with Cream Cheese, Dill & Capers

## Meat

Rare Beef & Stilton Crostini with Caramelised Onion  
Korean BBQ Pork Lollypop

## Vegetarian

Mini Goats Cheese, Cranberry & Herb Bonbon  
Mushroom Arancini with Truffle Aioli dusted with Parmesan

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# Hospitality Menus

## Sandwich Lunch

**Sandwiches, Wraps, Pittas & Flatbreads  
with a Selection of Fillings including:**

- Brie & Grape
- Egg Mayonnaise & Cress
- Pastrami & Slaw
- Prawn & Dill Mayonnaise
- Roast Beef & Horseradish Cream
- Roast Chicken, Plum Tomato & Nut Free Pesto
- Tuna & Cucumber Salad
- Italian Salami with Mozzarella
- Falafel, Tomato Salad
- Goats Cheese, Bacon & Lambs Leaf
- Pulled Pork & Pickle
- California Veggie
  
- Freshly Made Biscuits & Cakes
  
- Fresh Fruit Platter

## Formal Afternoon Tea

**A Selection of Open Sandwiches, Wraps & Pittas**

- Smoked Salmon with Chive & Lemon Butter
- Chicken with Fig Relish & Watercress
- Mozzarella with Plum Tomato & Basil
- Roast Beef & Horseradish Cream
  
- Mini Cheese Scones with Caramelised Red Onion Chutney
  
- Peaches & Cream Cupcakes
- Mini Chocolate Tart with Raspberry Cream
- Freshly Cut Fruit Platter with Yoghurt & Honey
  
- Traditional English Tea
- Freshly Made Ginger Beer with Ice

## End of Term Lunch

### Poke Bowls

- Lime Chicken & Coriander with Sweet Chilli Egg Noodles & Rocket
- Moroccan Vegetable Cous Cous & Crumbled Goats Cheese with Minted Yoghurt
- Roasted Tomato & Basil Soup Shot
- Prawn & Mango Wild Rice Salad
- Rare Shredded Roast Beef, Sun Blushed Tomato, Shredded Carrot & Mustard Dressed Salad
- Mediterranean Vegetable & Mozzarella with Basil Marinade & Giant Cous Cous
  
- Mini Chocolate Torte with Berries
- Bite Sized Apple Pies
- Fresh Fruit Platter
  
- Tea & Coffee



**People**  
Training & support  
for all staff

**Value**  
Freshly made food,  
locally sourced

**Quality**  
Excellent  
customer service

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