

Catering at Tabor

We provide nutritionally balanced food and offer a varied menu, tailoring our menus to the students' needs. Menu options are discussed with our students. Meals are prepared using fresh ingredients daily. Our three weekly lunch menu cycle includes:

- meat or fish
- vegetarian choices
- variety of desserts both hot and chilled

A full and varied menu is available from our Dining Hall with a breakfast service before school, break time and lunch time service. There is a variety of food offered every day, ranging from sandwiches to a hot cooked meal. A meal deal is offered which includes a variety of main courses, the pudding of the day or fruit and a drink. Tabor Academy operates a biometric cashless catering system and students will be instructed on how to use this on their Induction Days in June.

As your children spend much of their time in school, they need nutritious food for long-term good health. A healthy, balanced diet also helps your child learn in the classroom and leads to improved educational outcomes.

According to [World Health Organisation](#), nearly one-fifth of the world's children and youth are overweight or obese. In the UK we are seeing a steady increase of overweight children. We need to start raising awareness of this issue when children are young so that they will learn to eat healthy very early on, because habits are set in childhood. They are capable of understanding the effects of food on the body and make smart choices about nutritious foods.

Here at Tabor we aim to support students making healthy choices. Students on free school meals in years 7 – 11 are strongly encouraged to take the main meal of the day, many Sixth Form students choose to do the same. Meals are freshly cooked each day using seasonal ingredients offering a varied menu of family favourites along with one off days where students are encouraged to try something new.



Cashless Catering

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We have a biometric cashless system for the catering service which has significantly reduced the time taken to pay for meals. When a student has chosen their food they will scan their finger at the till point and the value of their food will be deducted from their account balance.

The student's fingerprint itself is not stored by the computer system and cannot be used for identification purposes. During the account creation the system uses an image of the fingerprint to create a mathematical algorithm and then discards the finger-print; only the numbers remain and these cannot be reinterpreted back into a fingerprint image.

Students will need to top-up their account using [ParentPay](#) which allows you to top-up your child's account using a credit/debit card through a secure website.

Students who receive free Academy meals will receive their allowance (as a credit to their account) at the start of the day and will be able to spend it at break and/or lunch time. Any of the allowance that is not spent will be lost at the end of the day. Students are also able to top-up their account if they wish to spend more than the free Academy meal allowance, but the Academy meal allowance will be used first. To apply for free Academy meals via the Essex County Council website please [click here](#) or telephone 0845 603 2200.



Example Menus

WEEKLY MENU Tabor Academy - Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Loxford Lasagna with Garlic Slice	Around the World - See Menu Board	Chef's Roast of the Day	Classic Cottage Pie	Battered Fish & Chips
Mushroom Risotto	Vegetarian Around the World - See Menu Board	Stuffed Garlic & Vegetable Mushroom with a Crunchy Topping	Quorn Cottage Pie	Mediterranean Style Frittata
Jacket Potato with Hot & Cold fillings	Jacket Potato with Hot & Cold Fillings	Jacket Potato with Hot & Cold fillings	Jacket Potato with Hot & Cold fillings	Jacket Potato with Hot & Cold Fillings
Pasta with Homemade Sauce	Pasta with Homemade Sauce	Pasta with Homemade Sauce	Pasta with Homemade Sauce	Pasta with Homemade Sauce
Pizza with Various toppings	Pizza with Various Toppings	Pizza with Various toppings	Pizza with Various Toppings	Pizza with Various Toppings
Tender Sweetcorn	Green Beans	Mixed Vegetables	Garden Peas	Baked Beans
Apple & Cinnamon Crumble with Custard	Berry & Coconut Streusel	St Clements Sponge served with Lemon Sauce	Chocolate Brownie	Ice Cream

Soup, Salads, Sandwiches, Baguettes, Filled Rolls, Wraps, Dessert Pots & Fresh Fruit

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food with thought

WEEKLY MENU Tabor Academy - Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Lasagna or Spaghetti Bolognese	Around the World - See Our Menu Board	Chef's Roast of the Day	Authentic Chicken Curry	Battered Cod & Chips
Vegetable Quesadilla	Vegetarian Dish from Around the World - See Our Menu Board	Oven Roasted Cheesy Vegetable Gratin	Authentic Vegetable Curry	Spanish Style Tortilla
Jacket Potato with Hot & Cold Fillings	Jacket Potato with Hot & Cold Fillings	Jacket Potato with Hot & Cold Fillings	Jacket Potato with Hot & Cold fillings	Jacket Potato with Hot & Cold Fillings
Pasta with Homemade Sauce	Pasta with Homemade Sauce	Pasta with Homemade Sauce	Pasta with Homemade Sauce	Pasta with Homemade Sauce
Pizza with Various Toppings	Pizza with Various Toppings	Pizza with Various Toppings	Pizza with Various Toppings	Pizza with Various Toppings
Sweetcorn	Mixed Vegetables	Tender Broccoli	Peas	Baked Beans
Raspberry & Vanilla Cake with Custard	Lemon Meringue Pie	Banana & Cinnamon Slice with Custard	Date & Apple Slice	Fruit & Ice Cream

Soup, Salads, Sandwiches, Baguettes, Filled Rolls, Wraps, Dessert Pots & Fresh Fruit

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Menu's work on a 3 week Rota
For more info click here