



THOMAS FRANKS

NEW CATERING PARTNERSHIP AT

**AVON HOUSE
PREPARATORY SCHOOL**



THOMAS FRANKS



A NEW PARTNERSHIP

As the newly appointed catering team, we are extremely excited about our new partnership with Avon House Preparatory School. We will ensure that the catering matches the same level of excellence that is evident in other areas of school life, whilst adding to the ethos, helping the pupils to feel happy, secure and confident.

We aim to provide a memorable dining experience for the whole community: relaxing yet exciting, adding to the school to make it feel like a home from home.



OUR OFFER

Throughout the dining experience, Avon House will see many changes in its offerings. Our focus is to improve the execution of the dishes, the quality of ingredients and the beverage options on offer.

When it comes to mealtimes, students will be treated to a snack of either fruit or a baked good, with drink options also available. Lunch will feature multiple choices from the hot counter, catering for all dietary requirements and a simple salad bar full of choice. For those interested in dressed salads, there will also be this option.

Inside there will be a full refit of the branding and signage used to make these places memorable and inspiring.

“

THOMAS FRANKS WAS FOUNDED ON THE PRINCIPLES OF HONESTY, TRUST AND LOYALTY, WITH A GENUINE PASSION FOR GREAT FOOD, LOCALLY SOURCED INGREDIENTS AND EXCEPTIONAL SERVICE.

”

IN GOOD HANDS

You can rest assured that your catering is in good hands with Thomas Franks, led by our hands-on and approachable Owner and Founder, Frank Bothwell. You will benefit from his personal attention to detail and the inclusive culture he has fostered over the years. With Investors in People Gold status, our double award win at the 2022 Cateys for Best Employer and Foodservice Caterer of the Year and our 2023 Health and Nutrition Catey Award, we are proud to have our efforts recognised by industry peers.



THE SUNDAY TIMES
**Best Places
to Work 2023**

INVESTORS
IN PEOPLE | Gold

**BEST
PLACES TO
WORK
IN HOSPITALITY
2021**

#WorkKind
Certified 2023

THE
CATEYS
2023

WHO WE ARE

Thomas Franks is a market-leading privately owned caterer in the independent schools market. Over the last 20 years, our family-owned business has built a reputation for providing amazing quality, fresh and nutritious food to our staff and students. In the past year alone, we have been awarded two Cateys for Best Employer and Foodservice Caterer of the Year, IIP Gold Award, the Sunday Times Best Places to Work and been accredited as a Kindness company.

Our genuine passion for great food, locally sourced ingredients and exceptional service is at the core of everything we do and this will be evident in the kitchen as it becomes a hive of activity where all dishes are prepared using our local network of suppliers.

Our approach to food is completely bespoke to Avon House Prep School. Our menus focus on eating a balanced diet to provide sustained energy for students involved in a busy school day as well as ensuring optimum growth and development.

Our chef teams have no barriers to innovation and creativity, meaning we love to host pop-ups, cooking demos and theme days, ensuring no two days are the same.



Bothwell

FRANK BOTHWELL, FOUNDER

Our story





**WE WORK WITH
SUPPLIERS LOCAL TO
US TO HELP OUR
COMMUNITIES AND
REDUCE FOOD MILES.**



**ALL OF OUR EGGS ARE
FREE RANGE FROM
BRITISH FARMS FOR
BETTER ANIMAL
WELFARE AND A
QUALITY PRODUCT.**



**OUR FISH IS FROM
SUPPLIERS WHO
HELP CONTRIBUTE
TO A SUSTAINABLE,
HEALTHY OCEAN.**



**OUR MEAT IS SUPPLIED
BY TRUSTED FARMERS
AND BUTCHERS TO
ENSURE HIGH ANIMAL
WELFARE AND
QUALITY.**



At Thomas Franks, we work with our schools to reduce environmental impact and add value to the students' education. We will be implementing our bespoke sustainable action plan designed to reduce the environmental cost of catering, specifically focusing on eliminating single-use plastic and minimising food waste.

We work with our suppliers to ensure a reduction and elimination of plastic packaging as well as using suppliers to become carbon neutral such as First Mile, who provide recycling bins for all sorts of recycling, including used coffee grounds and beans. Zero percent of waste given to First Mile goes into landfill; instead, it is put back into the economy as different usable materials.



SAMPLE MENUS FOR
AVON HOUSE PREP
SCHOOL



LUNCH MENUS

MONDAY

DISH OF THE DAY
Minted lamb casserole

VEGETARIAN DISH OF THE DAY
Mixed bean and vegetable hotpot

SIDES
Rosemary roasted new potatoes
Steamed greens

KEEPING IT SIMPLE BAR
Pasta with a choice of 2 homemade sauces:
Pomodoro, Mushroom

DESSERT
Marbled chocolate sponge



WEEK 1
LUNCH MENU

EXAMPLE MENUS ONLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DISH OF THE DAY Minted lamb casserole	WORLD FOOD DAY INDIAN Dish - Butter chicken Veg - Saag paneer	DISH OF THE DAY Traditional cottage pie	DISH OF THE DAY Katsu chicken curry	DISH OF THE DAY Breaded cod goujons, lemon wedge, tartare sauce
VEGETARIAN DISH OF THE DAY Mixed bean and vegetable hotpot		VEGETARIAN DISH OF THE DAY Meat-free cottage pie, root vegetable topping	VEGETARIAN DISH OF THE DAY Smoked tofu ramen bowls	VEGETARIAN DISH OF THE DAY Beetroot & feta arancini, tomato and basil sauce
SIDES Rosemary roasted new potatoes Steamed greens	Sides - Pilau rice, naan bread, poppadoms and sambals	SIDES Steamed broccoli Garden peas	SIDES Sticky rice Asian slaw Crunchy ginger vegeta- bles Pickled cucumber salad	SIDES Crushed end of season new potatoes Fresh leafy greens
KEEPING IT SIMPLE BAR Pasta with a choice of 2 homemade sauces: Pomodoro, Mushroom	KEEPING IT SIMPLE BAR Jacket bar with choice of 2 toppings: Cheese and beans	KEEPING IT SIMPLE BAR Pasta with a choice of 2 homemade sauces: Carbonara, Puttanesca	KEEPING IT SIMPLE BAR Caesar salad bar	KEEPING IT SIMPLE BAR Homemade falafel wraps
DESSERT Marbled chocolate sponge	DESSERT Mango kulfi	DESSERT Seasonal fruit granola crumble pot	DESSERT Sticky toffee and banana slice	DESSERT Naturally Sweet sweet potato blondie
Artisan salad bar & fresh cut fruit selection every day				

ALLERGIES AND SPECIAL DIETS

Students' health and safety is our priority. Our comprehensive food allergy and special diet policy will be put in place, providing a clear procedure for the identification and management of students with these allergies and dietary requirements. All of our schools have a 'nut-aware' policy.



TRAINING

The entire team at Avon House Prep School will receive additional, up-to-date comprehensive training on current legislation and clear instructions on how to carry out our allergen management procedures.



ALLERGEN TRACKER

The team complete a detailed allergen tracker for every service, which is then used by the Head Chef in a pre-service briefing to relay both the menus and the allergens present in each dish.



RIGOROUS PROCEDURES

Responsible Supplier Management – all of our approved suppliers have been audited to ensure we have comprehensive records of the ingredients on offer to our teams.

OUR PROCEDURES INCLUDE:

ALLERGEN SEGREGATION

Both in the kitchens and on the counters we ensure that dishes containing allergens are segregated from other dishes, preventing cross-contamination wherever possible.

ALLERGEN AND SPECIAL DIET COMMUNICATIONS

We will work closely with Avon House Prep School and its parents to fully understand the needs of each student. For students who have life-threatening allergies, the catering manager will meet with the parents to agree on a special management plan.

SERVICE COUNTER ENGAGEMENT

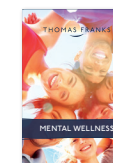
A member of the Avon House Prep School catering team will be selected as an Allergy Champion. They will be encouraged to be not only an extra level of due diligence in the allergen process but also oversee and encourage correct working practices. This will rotate amongst the staff to instil the correct working practices amongst the team.



Christine Bailey

GROUP DIRECTOR OF
NUTRITION & WELLBEING

Christine's role is to endorse healthy living and good nutrition. Whilst Christine will work closely with the chef team to come up with a nutritious menu paying close attention to the allergens that are being used. Guiding student's towards healthier food choices, she is also on hand to educate the whole school community. Christine can provide talks, webinars and whole-day events on topics such as the five food groups and sustainable eating.



Thomas Franks is officially the first catering company to be completely accredited by Coeliac UK.



**Natasha
Allergy
Research
Foundation**

Natasha's Law – we are proud to collaborate with the Natasha Allergy Research Foundation to promote food allergen awareness, the funding raised over the next five years will assist research into immunotherapy to help in the prevention and treatment of food allergies.



YOUR TF PEOPLE



FRANK BOTHWELL

Founder of Thomas Franks

Frank is passionate about establishing a vision for each of our clients, based on their specific needs. As a very hands on Founder, Frank has overseen many changes throughout Avon House Prep, and loves to stay involved with Avon House Prep's progress.



GAVIN TARBOX

Senior Head of Culinary South and London

Gavin, as Head of Culinary, boasts a large wealth of experience within the catering sector, his role involves working within sales, developing impressive menus, training chefs and inspiring teams. Gavin will be overseeing the processes within the catering team at Avon House, sharing his knowledge and skills in order to further train the team and improve the daily offerings.



CARLOS ZANDUNDO

Operations Manager

Carlos will be on hand at the school to ensure all procedures are met and that the quality of food served meets the expected standard. Carlos is excited to be working with the Avon House team to enhance and elevate the dining experience, adding to the love of learning, indoors and out.



OLIVIA BOOKER

Nutritionist

Olivia holds a first-class degree in Nutrition and Food Consumer Sciences and is a registered associate nutritionist, she is one of the nutritionists at Thomas Franks. Her work primarily focuses on providing evidence-based nutrition education and support across schools, in addition to ensuring menus are nutritionally balanced and compliant with brand standards. Her work includes presentations to pupils of all ages, interactive workshops, menu support and training for staff.



ADDED VALUE

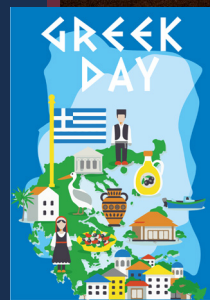
As part of the Thomas Franks family, you will be provided with unique days to add to your dining experiences, such as street food or sushi pop-ups with our development chefs. We provide our teams with an innovation calendar which features specific theme days and encourage them to try out at least one a month.

Our team of Thomas Franks Ambassadors will be on hand to provide inspirational talks, workshops and advice.



Scan to Watch:

TF added value in action



Josh Quigley

GUINNESS WORLD RECORD CYCLIST

In 2021, Josh set a new Guinness World Record for the greatest distance cycled in one week. In addition to this, he has cycled around the world covering 30+ countries on four continents, raised over £30,000 for charity through his challenges and overcome multiple accidents, crashes and injuries. Josh will provide a unique insight into the world of sport, covering the importance of a good diet to promote health, wellbeing and performance as an elite record-breaking athlete. For the past five years, Josh has been sharing his inspirational journey to audiences at schools and companies, so we are extremely lucky to have the opportunity to hear him speak. Josh is a suicide survivor and recently featured in a recent TV documentary about his life called Cycling Saved My Life.



Louis Alexander

PROFESSIONAL EXPLORER AND ADVENTURER

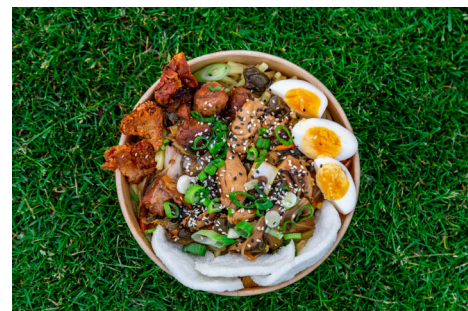
From running 17 marathons in 17 consecutive days, rowing across the English Channel and more recently, summiting some of the world's most notable mountains such as Kilimanjaro and Mont Blanc, Louis has conquered numerous endurance feats. Louis will be on hand to provide talks, webinars and Q&A events on lessons he has learnt during his own adventures whilst linking it back to food. We believe that Louis is the ideal ambassador to inspire your community to help flourish and develop rounded individuals.



Amy Costello

GREAT BRITAIN HOCKEY PLAYER

Amy represented Great Britain in the 2020 Summer Olympics. Starting from a young age, she excelled in field hockey before being selected at the age of 18 to represent Scotland against South Africa. Since then, Amy has played for Great Britain, including in two Commonwealth Games, as well as European Division with Scotland. She has over 124 combined international caps. Amy also holds a degree in Sport and Exercise Science and is currently completing a postgraduate diploma in Law while training. Amy is a great ambassador for Thomas Franks, speaking about motivation, mindset, overcoming hurdles and injuries.



THOMAS FRANKS *Foundation*

THOMAS FRANKS INITIATIVES

As a company, Thomas Franks is constantly searching for new ways to tackle unsustainable business practices. To end this, we have created several of our own initiatives to help the fight against food waste and food poverty.

Scan to
find out more
about what
we do



FEEDING COMMUNITIES

In March 2020, the impact of the pandemic soon became dramatically apparent with food poverty escalating. Through our network of clients, suppliers and donors, we started to produce freshly prepared and nutritionally balanced meals for those in need. This now includes over 100 charities with over two million meals served to date.

SEASONAL SURPLUS

Seasonal Surplus is a Thomas Franks initiative that focuses on intercepting food on its way to landfill. These ingredients are then turned into meals and distributed to those in need of food. Thomas Franks locations have also been purchasing the surplus food to use as part of their weekly menus, allowing clients and customers to see how this surplus of ingredients can be transformed into tasty, nutritious meals.

WE GROW, YOU GROW

The idea behind We Grow, You Grow is to get our students involved in how their fruit and vegetables are grown. Learning how much work and care goes into growing the food the students eat has been a real eye-opener for many, teaching them to really enjoy the produce they've harvested and take care not to waste it.

BEYOND EDUCATION - BEING HUMAN

Beyond Education teaches students in our locations to prepare, cook and package fresh, nutritious meals and educates them about food poverty. Each session results in the production of 50-100 chilled meals to be delivered to the most in need in the local community.

FEEDING
Communities



WE GROW
YOU GROW



THOMAS FRANKS

Thomas Franks Ltd
The Stables
Hook Norton Brewery
Brewery Lane
Hook Norton
OX15 5NY

01608 738 070

www.thomasfranks.com

