

THOMAS FRANKS  
PORTUGAL

NEW DINING PARTNERSHIP

L'ÉCOLE TRILINGUE



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PORTUGAL



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# A NEW PARTNERSHIP

As the newly appointed catering team, we are extremely excited about our new partnership with the Trilingual School. We will ensure that the catering matches the same level of excellence that is evident in other areas of school life.

We provide a memorable dining experience for the whole community: relaxing yet exciting, fostering growing young minds of all ages.

If you have any issues or questions on the food, please contact:

RUSSELL SMITH  
Head of Culinary Europe

[russell.smith@thomasfranks.com](mailto:russell.smith@thomasfranks.com)



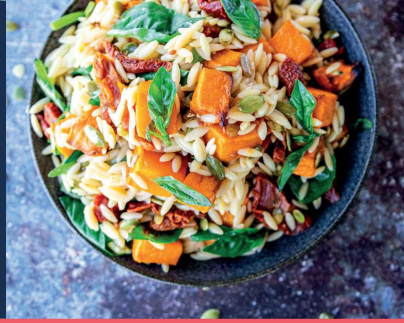


# OUR OFFER

Throughout the dining experience, Trilingual School 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 multiple choices from the hot counter, with a focus on seasonal, fresh ingredients catering for all dietary requirements and a large artisan salad bar full of colour and choice.





## LUNCH

Every meal will start with a variety of fresh soups, complemented by freshly baked bread. We will offer meat or fish main course options and a vegetarian or vegan option. We will champion international dishes celebrating the diverse communities at the school.

## ARTISAN SALAD BAR

The new catering offer will allow for new ambient salad bars. Students and staff will be greeted by an array of fresh, colourful raw salad ingredients to build their own simple salad, if they wish.

## NATURALLY SWEET SNACKS

We have developed a new concept: Naturally Sweet. Naturally Sweet recipes use natural sugars and low-fat alternatives allowing your students to enjoy a delicious treat without it being fat laden and full of refined sugar. This means improved focus and sustained energy levels for students throughout the day.





## FOOD, MENUS AND THE BEST INGREDIENTS

We'll create a unique dining experience for the students, staff, and guests at your school. Our Executive Development Chefs will lead the kitchen brigade in the transformation of the food on offer. Russell will demonstrate the standards expected and work to a clearly defined plan. He will be there to inspire our new catering team.

The menu will be designed specifically for you, using seasonal produce and fresh ingredients. The catering team will be trained to work to a set of standards to ensure every meal is exceptional. Your students will see an immediate impact on the variety, quality, freshness, and seasonality of their meals. International dishes will be created using authentic recipes and served with perfectly matched accompaniments.

## PLANNING MENUS

Age-appropriate, ingredient focused menus will be on a three-week menu cycle communicated to the students, parents, and staff. To ensure that these are fully pupil led we would like to meet with Pupil Committees to regularly review our menus for all age groups within the school. This will ensure that we are delivering delicious and nutritious meals that students want to eat minimising food waste.



## SAMPLE MENU'S

# DINING ROOM MENU WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Butternut & sweet potato	Leek & potato	Vegetable	Chicken canja	Carrot
<b>MAIN</b>	Roast turkey with separate cranberry sauce, spinach & pomegranate	Portuguese duck rice	Beef Ragu with penne pasta	Creamy slow cooked pork	Baked breaded fresh cod goujons & lemon
<b>VEGETARIAN</b>	Vegetable pad Thai	Mac N cheese Crispy onion-tomato- spinach	Cheddar & black bean quesadilla with salsa Low to no spice	Tuscan Cannellini stew	Chickpea, & butternut squash falafel
<b>SIDES</b>	Crushed potatoes Rice Cauliflower Sauteed greens	Garlic Focaccia Broccoli Roast Pumpkin	Carrots Peas Vegetable couscous	Rice Green beans Roast med veg	Roast potato wedges Sweetcorn Steamed greens
<b>DESSERT</b>	Fruit pots	Fruit pots	Fruit pots	Fruit pots	Fruit pots Chocolate brownie

# SALAD BAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MIXED SALADS</b>	Feta & cucumber Potato salad	Roast vegetable quinoa Mediterranean Greek Salad	Basil pesto pasta Rainbow slaw	Mushroom & herb couscous Oriental noodle salad	Garden salad with roast peppers & olives Watermelon, Cucumber & Mint Salad
<b>RAW SALADS</b>	Mixed leaves Sweetcorn Cucumber Carrot Tomato Red onion	Mixed leaves Sweetcorn Cucumber Carrot Tomato Red onion	Mixed leaves Sweetcorn Cucumber Carrot Tomato Red onion	Mixed leaves Sweetcorn Cucumber Carrot Tomato Red onion	Mixed leaves Sweetcorn Cucumber Carrot Tomato Red onion

\*Complimented by Olive oil, balsamic, Caesar dressing, herb and garlic yogurt, French dressing & croutons/Dried fruits

# SNACK MENUS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	Mixed whole fruits	Raspberry, banana & coconut smoothie	Mixed Whole Fruits	Watermelon wedges	Mixed Whole Fruits
<b>AFTERNOON SNACK</b>	Turkey & Cheese Roll	Honey & oat Flapjack	Cream cheese & cucumber wrap	Fruits Bun	Ham & cheese croissant

\*All our cakes are low in salt, fat & sugar!  
For allergen information please ask a member of the team.

# ALLERGIES AND SPECIAL DIETS

Children's 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 children with these allergies and dietary requirements. All of our schools have a 'nut-aware' policy.

## TRAINING

The entire team at Trilingual 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 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 Trilingual School and it's parents to fully understand the needs of each pupil. For children who have life-threatening allergies, the catering manager will meet with the parents to agree on a special management plan for their children.

## SERVICE COUNTER ENGAGEMENT

A member of the Trilingual 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 students 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.

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



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



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

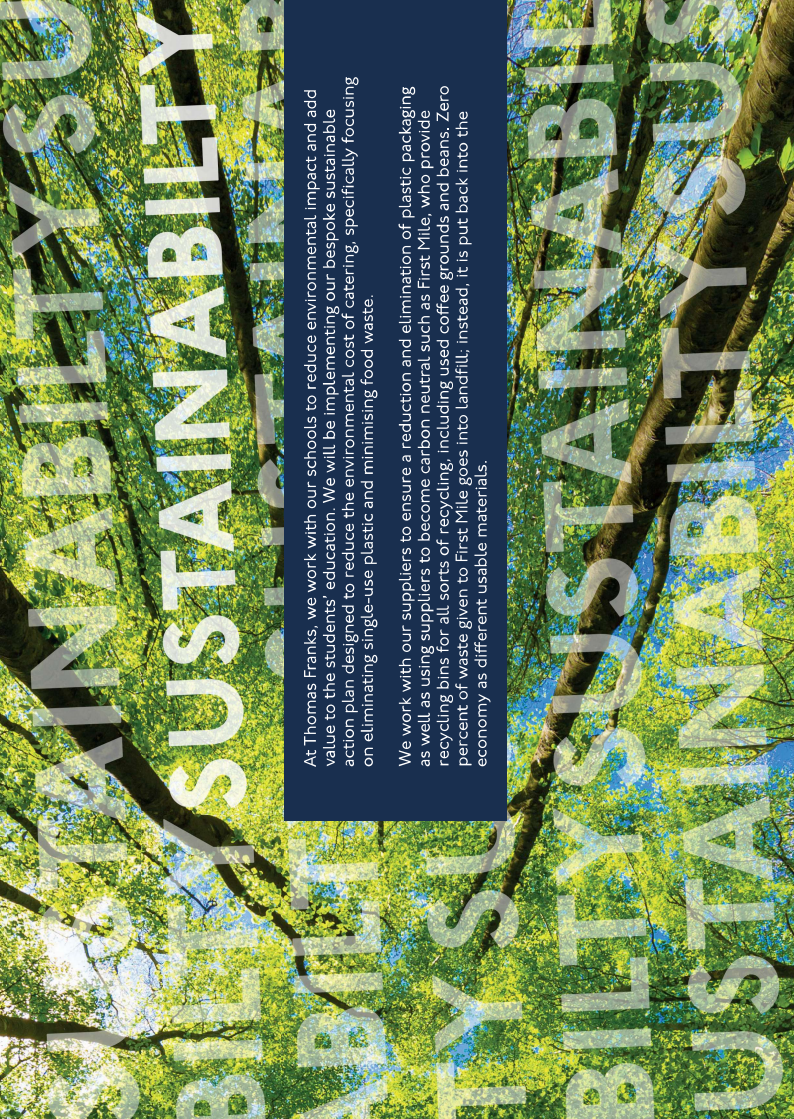


**OUR MEAT IS SUPPLIED  
BY TRUSTED FARMERS  
AND BUTCHERS TO  
ENSURE HIGH ANIMAL  
WELFARE AND  
QUALITY.**



**SUSTAINABLE  
SUSTAINABLE  
SUSTAINABLE  
SUSTAINABLE**





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.



# 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**

Josh currently holds the Guinness World Record for the Greatest Distance Cycled in one week. In addition to this, he has cycled around the world covering over 30 countries on four continents, raised over £30,000 for charity through his challenges and overcome multiple accidents, crashes and injuries. We believe that 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.



*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.





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 2024**  
BIG ORGANISATION



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. We have been awarded three Catey's for Best Employer and Foodservice Caterer of the Year and Health and Nutrition. Our further awards include Investors in People Gold Award and 2x Sunday Times Top 100 Places to Work.

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 the Trilingual 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. Thomas Franks was founded on the principles of honesty, trust and loyalty, and this is reflected throughout our service.



*Bothwell*

FRANK BOTHWELL, FOUNDER

*Our story*





# THOMAS FRANKS *Foundation*

Whilst successfully growing the company, Emma and Frank Bothwell were determined to help those facing difficulty and disadvantage, and so in 2019, the Thomas Franks Foundation was launched.

**More than two million meals served to local families in need**



*Raj Singh*  
DIRECTOR  
OF CHARITY



*Scan to find out more about what we do*



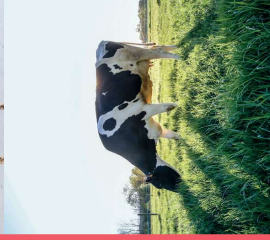


# Suppliers

Melanie Mort, Head of Purchasing, closely manages our portfolio of ethical, family-run suppliers. We work constantly to ensure our local supply partners continue to add value to our business. Our supply chain promotes the use of sustainable, seasonal local produce, small producers and local farmers.

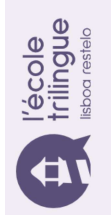


*Melanie Mort*  
Purchasing Director





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