



# Tuck Shop Café

Specialising in delicious healthy catering for schools and colleges

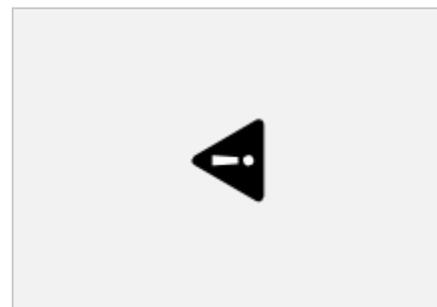
## ABOUT US



### FABULOUS FOOD SERVICES

Tuck Shop Café is an independent British Dubai based company specialising in the provisions of fresh, healthy and affordable catering for schools. We have been offering high quality catering services to schools since 2006. Tuck Shop Café is a family run company employing staff to work as a team in a number of schools in Dubai. Research shows that a healthy lunchtime meal helps concentration and learning ability in the afternoon. We believe in a pleasant environment for students, our staff are friendly, knowledgeable and helpful when serving meals for students of all ages. A variety of menus are offered daily catering for each school's different

requirements including full service canteens, tuck shops, packed lunch service for classrooms and school trips, live barbeques, salad/sub/spud bars, pasta stations, Espresso cafes and more. We are always looking for new ways to create fun healthy dishes for our menus. We pride ourselves with being versatile and flexible, where there is a will there is a way.



### DELICIOUSLY FUN FRESH FOOD

Where we differ from other catering companies is, all of our meals are freshly prepared daily in the kitchens at each individual school. This means we can prepare additional food to avoid running out and that food is fresh for each service and kept at the correct temperatures. We offer gluten and dairy friendly options daily along with vegetarian and vegan options. We have a nut free policy and our menus are free from artificial chemicals, colours, flavours and sweeteners. By clever food combining we are able to add extra vitamins and nutrients to our menus. We use fresh fruits and vegetables to sweeten and add moisture to our baked goods which are low in salt and added sugar, blend plenty of vegetables and lentils into our vegetarian and vegan dishes including our pitta pizza sauce. Our soups and sauces are mainly gluten friendly, thickened with starch vegetables instead of flour. We use good quality meats, to create children's favourite dishes, including our gluten free Bolognese (beef minced onsite to ensure great quality), chicken strips coated with our crispy oat blend, gluten free beef and chicken burgers and our much-loved gluten free chicken/vegetable and paneer curries. We use whole-meal sandwich bread, rolls, wraps and paninis, brown rice and whole-wheat pasta packed with fibre.



## HIGH STANDARD

We provide a dedicated catering team in each school we cater for including, catering manager, chef, supervisor, barista and catering staff to ensure the running of the kitchens, refectories and cafes are to a high standard. All staff have Dubai visas, police clearance, the relevant hygiene training certificates and work experience. TSC staff have received child safety training from the schools in which we cater, a number of our staff have first aid training and fire safety training. All our menu items are Dubai Municipality approved. We believe that teamwork is imperative to the success of running a school canteen, they pride themselves with having a high retention of staff, offering their team on-site and off-site training, termly bonuses, daily targets, regular working hours, full pay 12 months of the years, holidays, support and an annual party.



## SET-UP

We can assist with kitchen and canteen set-up, including Dubai Municipality approved design layout for both the kitchen and service areas, extractor exhaust and ducting plus canteen graphics. Working closely with the school to get an inviting harmonious eating experience for the children and staff. Our Espresso Cafes have played an important role within each school we cater for. The cafes are a great place for parents to find out more about our company and the food that their children are eating. Our customised coffee beans are freshly roasted in the Orbis Coffee Roastery, served with a selection of fresh milks, oat, soya and lactose free milk. We offer a selection freshly baked banana bread, oat cookies, fruit muffins along with sandwiches, wraps, sushi, salads and more.

## WE CARE

Student council and parent meetings are often arranged, suggestion boxes can be placed in the refectories and cafes to ensure we gain feedback to keep the students and parents happy. Our staff encourage the students to give meal feedback and often ask if they would like any addition menu items added to school menus, maybe a dish from their home country or a favourite family meal.



## GO GREEN

If sufficient space is available, we can grow some of our own vegetables, fruits and herbs for use in our salads, sandwiches and sauces. School gardens are a great way to teach student about nutrition, the connection between growing food and good diets, develop life skills and increase environmental awareness. Tending to the garden teaches children responsibility, patience and teamwork. It provides opportunity to bring science, math, social studies and visual arts of life through hands-on learning. Vegetable gardens let children taste the wonders of fresh foods.

The environment is high on our priority to Tuck Shop Café, we can operate a bokashi soil system using some of our waste coffee beans, fruits and vegetable peelings to fertilise the vegetable garden. Where possible we use reusable crockery and cutlery. For take away items we use compostable biodegradable take away coffee cups/lids, salad packs, hot food packs, fruit/granola pots and crockery. TSC are very excited to introduce our NEW compostable, refillable corn-starch water bottles to all of the schools in which we operate, the bottles can be refilled more than 50 times then returned to us to be composted.







