



**FO**  **OD**  
**NATION**

**EAT BRIGHT**

Better food  
Better for you  
Better for the planet



## Introduction to Food Nation

Food Nation is a chef-driven business established in Dubai in 2016. With cleverly created, healthy, tasty meals, we are redefining school catering.

We are committed to creating well priced healthful products; from on-the-go breakfasts; lively, combo salads, rich bakery items and smoothies that pack a nutritious punch.

Our foods are freshly made in-house and are non-processed, additive free, naturally low in sugar and saturated fat and made from quality-sourced ingredients.

## Who runs the School Meals programme?

Chef Magnus` career began at sixteen, preparing healthy meals for patients in his parents` pioneering allergy clinic. During this time he acquired a vast amount of knowledge about natural nutrition. His parents are still very active in the area of Diet and Food Allergies. Magnus has a Diploma in Nutrition from Oxford College.



Chef Magnus`s thirty year career as an award winning UK chef has enabled the creation of a school meal programme that truly stands out from the rest. "Eat Bright" offers child-friendly meals but are packed with 'hidden' nourishment through clever food combining and use of alternative ingredients. Children are happy and parents are reassured that their children are being nourished.

## Why is healthy eating becoming such a hot topic?

Processed, packaged foods have almost completely taken over the diet of many people.

However, processed foods are loaded with additives such as sweeteners, salts, artificial flavours, factory-created fats, colourings, chemicals that alter texture, and preservatives.

But the story doesn't end there, its not just what's been added, but what's been taken away. Processed foods are often stripped of nutrients such as soluble fiber, antioxidants, and "good" fats; designed by nature to protect your heart & body, Altering foods in this way is having a very detrimental effect on our health and the health of our children.

## Why is healthy food in schools so important?

Children deserve to eat nutritious foods high in antioxidants, vitamins and essential minerals for good overall health and growth. Numerous studies have shown that eating nutritious foods packed with antioxidants, essential minerals and vitamins also improves performance, concentration, mood, focus and behaviour in children.

Good nutrition is central to children`s maturation: socially, emotionally, mentally and physically.

Our `Eat Bright` programme is committed to providing optimal nutrition to children on their developmental journey.



## Why is Food Nation different?

Our 'Eat Bright' programme is about using 'Hidden Nutrition'; maximising nutritional content through clever food combining, use of alternative ingredients and insightful cooking techniques.

We know every ingredient that goes into our food item. Products are hand-made by Magnus and his team, **not** outsourced to a products provider who mass produce for many other food companies. He is in total control of the production from the raw beginnings to the finished items. Even the relishes, salad dressings, spice mixes and pastes are made in-house.

Food Nation has a proven working model resulting in considerably higher uptakes in school lunches; meals that are child friendly and appealing in presentation but are jam packed with lots of 'hidden' goodness.



## Some of our popular dishes

- Popcorn Chicken - made from real chicken breast (not reconstituted) with sweet potato, carrot and onion added in and crafted in such a way to resemble the familiar chicken nugget.
- Bolognese sauce - made from quality beef and over 40% nutrient dense, shredded root vegetables.
- Gluten reduced or gluten free meals - with use of rice noodles over wheat noodles and use of gram (chickpea) flour, potato flour or rice flour over wheat flour.
- Gluten free white sauces - thickened with blitzed white vegetables rather than made with wheat flour.
- Chicken and Kale burger – quality chicken breast with kale mixed in for nutritional value.

### SUMMER Week 1



Gluten



Dairy



Egg



Soy



Fish

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AM SNACK	Cheese Manakesh ●	French toast & Honey ●●	Margherita Pizza ●●	Cheese swirl ●●	Cornflakes, Fresh Strawberry Milk ●●
MAIN	Chicken, Leek & Potato Pie ●	Pasta Twists with Meatball's & Mozzarella ●●	Chicken & Kale Burger ●	Tandoori Chicken Tikka Masala ●	Beef Lasagne ●●
VEGETARIAN MAIN	Cheese & Onion Pie ●●	Pasta Twists with Tomato Basil & Mozzarella ●●	Quinoa & Kale Burger ●	Creamy Palak Aloo ●	Roast Vegetable Lasagne ●●
SIDES	Mashed Potatoes	Salad Bar	Salad Bar	Biryani Rice	Salad Bar
	Buttered Garden Greens ●	Sticky Balsamic Beetroot	Spicy Potato Wedges	Roast Lemony Carrots	Roast Rainbow Roots
DESSERT	Sticky Toffee Pudding ●●	Watermelon Slices	Fruit Jelly	Mini Chocolate Chip Cookie ●●	Orange Wedges



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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AM SNACK	Cheese swirl ●●	Cornflakes, Fresh Strawberry Milk ●●	French toast & Honey ●●	Margherita Pizza ●●	Cheese Manakesh ●
MAIN	Inside out Shepherd's Pie ●	Fish Bites with Tartare Sauce ●●●●	Popcorn Chicken	Butter Chicken & Paratha ●	Spaghetti with Beef Ragu ●
VEGETARIAN MAIN	Inside out Farmer's Pie ●	Lentil & Feta Croquettes ●	Cheese & Tomato Frittata ●●	Aloo Gobi & Paratha ●	Spaghetti Carbonara (Zucchini)
SIDES	Salad Bar	Potato Wedges	Saute Potatoes	Steamed Basmati Rice	Salad
	Corn Succotash	Garden Peas	Garlic Green Beans	Grilled Zucchini	Honey Glazed Carrots
DESSERT	Orange Wedges	Mini Chocolate Chip Cookie ●●	Jam & Custard ●	Watermelon Slices	Sticky Toffee Pudding ●●

**WEEKLY LUNCH BOX MENU -  
AUTUMN TERM**

	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>SNACK</b>	Cheese Pastry	15g Unsweetened Popcorn	Mini Croissant	Carrot Sticks & Bright Root Hummus	Cream Cheese & Crackers
<b>FRUIT</b>	Apple Wedges	Orange Wedges	Melon Bites	Orange Wedges	Banana
<b>PROTEIN</b>	Cheese & Tomato OR Chicken & Lettuce Brioche Roll	Basil & Tomato Pasta Salad	Homemade Cheese & Onion Pasty OR Sausage Roll	Spaghetti Omelette	Tortilla Strips with Sweet Pea Guacamole, Corn, Cheese & Salsa
<b>SALAD</b>	Apple, Carrot & Celery Waldorf	Zesty Corn Salad	Carrot & Orange Salad	Potato Salad	Mixed Chopped Salad
<b>SWEET</b>	Rice Pudding	Cocoa Banana Pudding	Fruit Flakes	25g Chocolate Chip Cookie	Apple Flapjack
<b>DAIRY</b>	Apple Bircher Muesli	Strawberry Yogurt & Cornflakes	Milk	Yogurt & Granola	Actimel Drink



## How can Food Nation offer such quality products at competitive prices?

Healthy food options do not have to cost the earth.

By clever food combining, sourcing raw ingredients and using natural, readily available alternatives to processed products, we are able to create delicious, nutritious products at affordable prices.

Sharing transportation costs and kitchen share schemes in a HACCP certified kitchen, Food Nation is proud to be able to keep production costs low as well as be energy and resource conscious - helping to keep our carbon footprint as small as possible.





# Coffee Shops

Food Nation services and supplies coffee shops in more than twenty five premium schools across the UAE, offering quality Italian coffee and well priced food items.

Our range includes salads, smoothies, sandwiches and soups. All our coffee shop items are made with the same philosophy as 'Eat Bright' but rolled out so parents and teachers can also benefit from foods which are protein packed, nutrient dense, gluten free\* and super-food full.

We also have a range of delicious bakery items, which, though indulgent still adhere to our policy of home baked, high-quality ingredients with no additives, preservatives or unhealthy fats or oils to be found.

\* Non bakery items





## Sandwiches & Wraps

### 20 Pulled Pesto Chicken

Mascarpone & Swiss cheese on sour dough (GRILLED)

### 20 Bacon Relish & 3 Cheese

Homemade beef bacon jam with mascarpone, swiss and mozzarella, cheeses on sour dough (GRILLED)

### 20 Sicilian Tuna Melt

Sun-dried tomato, olives, mozzarella and cheddar cheeses (GRILLED)

### 20 Cheese & Pickle Baguette

Cheddar cheese, Branston pickle on fresh baked baguette

### 18 Hot Torpedo Subs

Bacon & beef meatballs, relish, & cheese or garlic mushroom, cream cheese & relish

### 22 Chicken Avocado Club

Sliced roast chicken breast, bacon, tomato, lettuce, egg, with avocado mayo in a deep fill soft roll

### 16 Halloumi Wrap

Beetroot hummus, wood roasted vegetables, grilled halloumi cheese

### 16 Tandoori Caesar Wrap

Roast tandoori chicken, romaine lettuce, cucumber & creamy Caesar dressing

## Salads

### 22 Chicken Caesar

Sliced grilled chicken, romaine lettuce, egg, focaccia croutons, parmesan & Caesar dressings

### 20 Slowburner Salad GF

Kale, shredded halloumi, romaine lettuce, carrots, onions, barley, BBQ chickpeas, nips, cabbage, cucumber & sweet chilli dressing

### 22 Quinoa Tabbouleh GF

Quinoa, tomato, onion, cucumber, parsley, mint, lemon & kale, pomegranate & olive oil

### 17 Taco Salad

Guacamole, sour cream, refried beans, cheese, corn salsa, lettuce & tortilla chips

## Snacks

### 14 Bircher Muesli GF

Pear & cranberry, overnight rolled oats, yogurt, blueberry & munchy seeds

### 14 Fresh Fruit Salad GF

Melon, pineapple, watermelon, grapes, berries, pomegranate

### 14 Over Night Oats GF

With cocoa, bananas, date caramel & omega seeds & fruitsprinkles

### 14 Daily Egg Muffins

Eggs with, spinach, pumpkin & feta

### 18 Breakfast Burrito

Mexican pinto beans, beef bacon, egg & gooey jack cheese, tangy tomato relish

## Blitzes (all GF)

### 14 Spina Colada

Banana, pineapple, spinach and coconut

### 14 Green Goddess

Cucumber, mint, spinach, avocado, kale, ginger & apple

### 14 Super-Seed

Dates, pineapple, banana, strawberries, coconut milk, super-seeds (chia, pumpkin, sunflower, linseed)

### 14 Superfood Chocolate

Chocolate, oat & date fat bomb, cocoa, banana & milk

## Treats

### 10 Goopy Brownie

### 12 Good Old-Fashioned Carrot Cake

With spices and cream cheese frosting

### 12 New York Cheesecake

### 8 Cookielicious Cookies

### 8 Applejacks GF

### 5 Powerbombs GF

Vanilla or orange flavor - super food date, chia, mango treats

### 5 Hunters Potato Chips

## Beverages

10 Espresso

12 Double Espresso

12 Americano

14 Cappuccino

14 Cafe Latte

14 Mocha

14 Hot Chocolate

14 Decaffeinated

10-12 Tea Selection

3-5 Water Selection

10 Coconut Water

10 Juices Selection

## Hot Boxes & Soups

16 Ultimate Chicken Noodle Soup GF

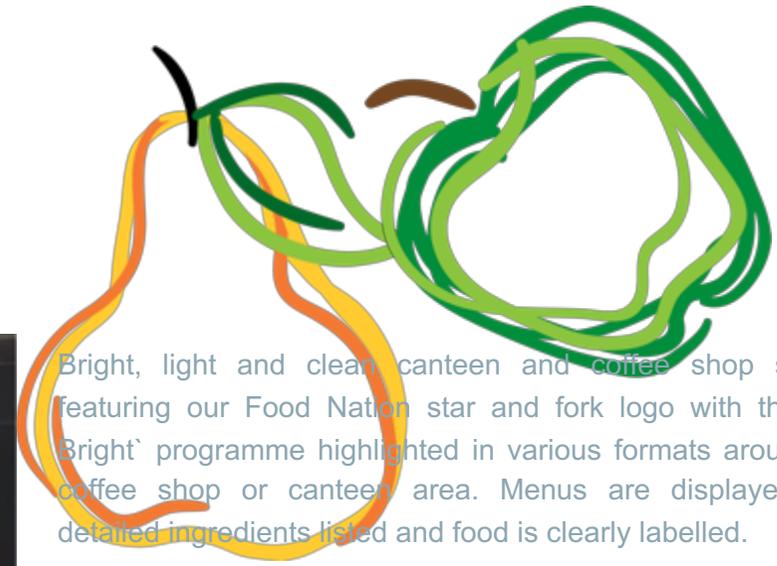
Miso broth, rice noodles, shredded veg, shitake & baby corn

20 Ramen Bowl GF

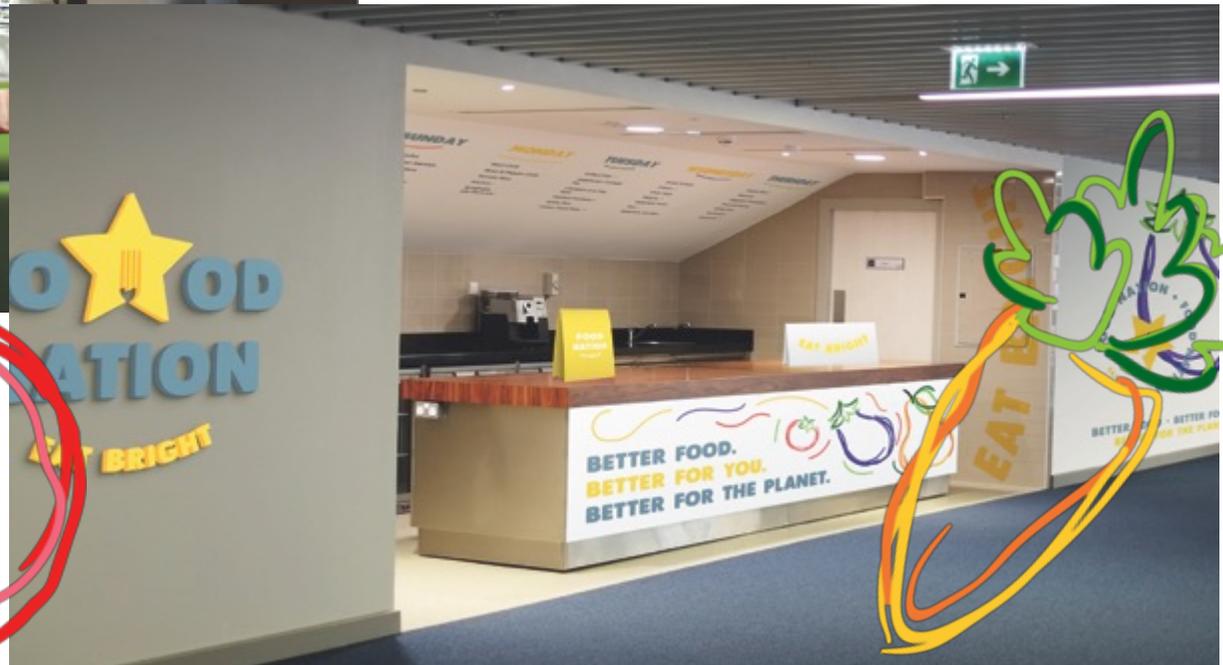
Noodles, crispy tofu, Asian greens, spicy ramen sauce



## Our Branding



Bright, light and clean canteen and coffee shop spaces featuring our Food Nation star and fork logo with the 'Eat Bright' programme highlighted in various formats around the coffee shop or canteen area. Menus are displayed with detailed ingredients listed and food is clearly labelled.



# Our Clients



DWIGHT SCHOOL DUBAI



BRIGHTON COLLEGE  
DUBAI



BRIGHTON COLLEGE  
AL AIN



BRIGHTON COLLEGE  
ABU DHABI

A Bloom Education Initiative