QUINTA CHEF

YOUR VILLA, OUR CHEFS
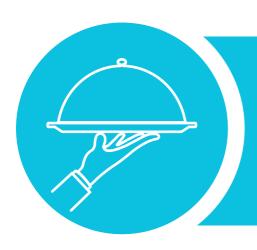
SCHOOL LUNCH PROGRAMME

ABOUT US

SCHOOL LUNCH PROGRAMME

As of September 2023 Quinta Chef are proud to offer our catering services to AIS school to provide healthy nutritious meals students.

Quinta Chef is an established reputable catering company in The Algarve offering catering solutions to holiday makers and locals. We are fortunate enough to have been able to expand and grow our business over the last 7 years and now cover an umbrella of catering needs including; private chefs for villas, intimate to large scale events, weddings and food delivery. We have recognised a demand for healthy balance school dinners and have the infrastructure in place to provide this service to a very high standard.

OUR VISION

Our vision for the school meal programme is to produce fresh, healthy and nutritionally balanced meals for students. We understand how essential a balanced diet is for the mental and physical development of children and good nutrition is a key factor to allow a child to learn and perform well in school.

A well rounded school lunch programme is fundamental in teaching healthy eating habits, it allows children to have more energy throughout the day as well as giving the right nutrients and vitamins that are necessary for good overall health. School lunches provide an opportunity for children to try new foods and broaden their horizons. The way schools approach and teach children about food can help students to make informed decisions about what they eat now and in the future.

BENEFITS OF A HEALTHY SCHOOL LUNCH

Physical Health

The nutrients in a healthy school lunch help children to grow and develop properly,. furthermore a healthy lunch will encourage children to be more physically active.

Mental Health

A nutrituous meal helps improve focus and concentration essential in classroom learning, in addition healthy eating habits lead to improved moods and increased energy levels.

School Performance

A nutritious meal gives students the fuel they need to grow, learn and perfrom to their best ability.

Immune System Support

By incorporating a variety of fruit, vegetables and grains into the students' lunch we are ensuring that they receive the right vitamins and minerals to build a strong immune system

GOALS AND OBJECTIVES

Our aim for the school lunch programme is to provide a full professional service of fresh hot food daily. We have the capacity to deliver and serve the meals, and are also available to be in direct contact with the parents of the students and manage all administrative duties to ensure a hassle free operation. We will carefully curate a monthly menu that will be developed and sent in advance to both the school and parents.

Our service works on a sign up system basis, you are agreeing to the full academic year when you sign up and can opt into this anytime of the school year, with payment for this being made annually or termly. We have found that this is the best solution for a school dinner system allowing us to control food quantities limiting any food waste as well as allowing the school lunches to run smoothly everyday.

We believe this is a fantastic opportunity for families to benefit from the knowledge, skills and expertise of our team at Quinta Chef and would love to be a part of creating a balanced and healthy lifestyle for your children.

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938 445 674
info@quintachef.com

LUNCH MENU SAMPLE

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Seasonal vegetable	Seasonal vegetable	Seasonal vegetable	Seasonal vegetable	Seasonal vegetable
	W/ bread roll	W/ bread roll	W/ bread roll	W/ bread roll	W/ bread roll
Main	Penne carbonara	Grilled Pork and mashed potato with veg	Mac and cheese	Salmon and rice with veg	Breaded chicken and wedges
Vegetarian	Mushroom penne pasta	Veggie skewer with mash		Seitan and rice with veg	Bredded veggie nuggets and wedges
Salad	Leafy green, tomato, onion,	Leafy green, sweetcorn olives,	Leafy green, chickpea, red onion	Leafy green, cucumber, shredded carrot.	Leafy green, mixed diced veg
Dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Fruit Salad

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Seasonal vegetable	Seasonal vegetable	Seasonal vegetable	Seasonal vegetable	Seasonal vegetable
	W/ bread roll	W/ bread roll	W/ bread roll	W/ bread roll	W/ bread roll
Main	Fish pie	Grilled turkey with rice and veg	Mediterranean pasta bake	Chicken fried rice with peas and sweetcorn	Margarita pizza
Vegetarian	Veggie pie	Grille tofu with rice and veg		Egg fried rice with peas and sweetcorn	
Salad	Leafy green, tomato, onion,	Leafy green, sweetcorn olives,	Leafy green, chickpea, red onion	Leafy green, cucumber, shredded carrot.	Leafy green, mixed diced veg
Dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Fruit Salad

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Seasonal vegetable	Seasonal vegetable	Seasonal vegetable	Seasonal vegetable	Seasonal vegetable
	W/ bread roll	W/ bread roll	W/ bread roll	W/ bread roll	W/ bread roll
Main	Spaghetti bolognese (mixed meat mince with veg)	Grilled Chicken with boiled rice and vegetables	Oven baked Tomato and cheese pasta	Seafood rice	Meatballs with chips
Vegetarian	Tomato Pasta (spaghetti pasta)	Grilled seasoned cauliflower with boiled rice		Mixed veggie rice	Veggie balls with chips
Salad	Leafy green, tomato, onion,	Leafy green, sweetcorn olives,	Leafy green, chickpea, red onion	Leafy green, cucumber, shredded carrot.	Leafy green, mixed diced veg
Dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Fruit Salad

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Seasonal vegetable	Seasonal vegetable	Seasonal vegetable	Seasonal vegetable	Seasonal vegetable
	W/ bread roll	W/ bread roll	W/ bread roll	W/ bread roll	W/ bread roll
Main	Lasagna (mixed mince)	Fish fillet boiled potatoes and veg	Jacket potato with cheddar cheese and beans	Chicken curry with boiled rice	Fish and chips
Vegetarian	Veggie Lasagna	Grilled aubergine boiled potatoes and veg		Veggie curry with boiled rice	Veggie patty and chips
Salad	Leafy green, tomato, onion,	Leafy green, sweetcorn olives,	Leafy green, chickpea, red onion	Leafy green, cucumber, shredded carrot.	Leafy green, mixed diced veg
Dessert	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Fruit Salad

PRICING

Following extensive research and several meetings with our team we have found a competitive fair price per student without sacrificing on quality of ingredients and service, we believe we can offer the school lunch programme at 8,50€ a day per student for a 3 course meal.

Annual Fee	3 instalments
1530€	510€

SIGN UP INFORMATION

When you sign up to our programme you are comitting to the full school year we can take payment in three installments or one upfront payment.

Sign up to our School Lunch Programme via the link below

https://www.quintachef.com/schoollunch

or email info@quintachef.com

Upon initial sign up you will recieve an email with our T&Cs, to secure your childs place in the school lunch programme we must receive upfront payment.

If you wish to speak with a member of our team please call 938 445 674.

Payment by bank transfer only

Bank Details:
Sebastiao Calheiros Unip Lda
NIB: 0033 0000 45477056402 05
IBAN: PT50 0033 0000 4547 7056 4020 5
SWIFT: BCOMPTPL
ALMANCIL