

SIXTH FORM STUDENT NEWSLETTER

WELCOME TO OLIVE



Hello and welcome

Hello and welcome to this special newsletter edition for our Sixth Form students.

As you begin your new academic year in Sixth Form, everyone at Olive Dining would like to say a heartfelt thank you for your continued support.

At Olive Dining, we are committed to serving fresh, nutritious and high-quality food made with the finest ingredients. We hope you've enjoyed the wide variety of meals and dishes we've had the pleasure of preparing for you throughout your time at school and we look forward to continuing to serve you during your Sixth Form journey.

As you embark on this exciting new chapter, we wish you every success in your studies and all the opportunities that lie ahead. We hope you have a happy, healthy and rewarding year.



Great Value Meal Deal

Enjoy a delicious, nutritious and affordable meal with our School Meal Deal. You can pick either from a hot or cold option. Meal deals are available for Free School Meal Students too - just look out and choose items with our purple labelling on.

I AM IN THE MEAL DEAL



AVAILABLE FOR FREE SCHOOL MEAL STUDENTS TOO

Join the Olive Family!

Remember to follow us on our Social Channels.



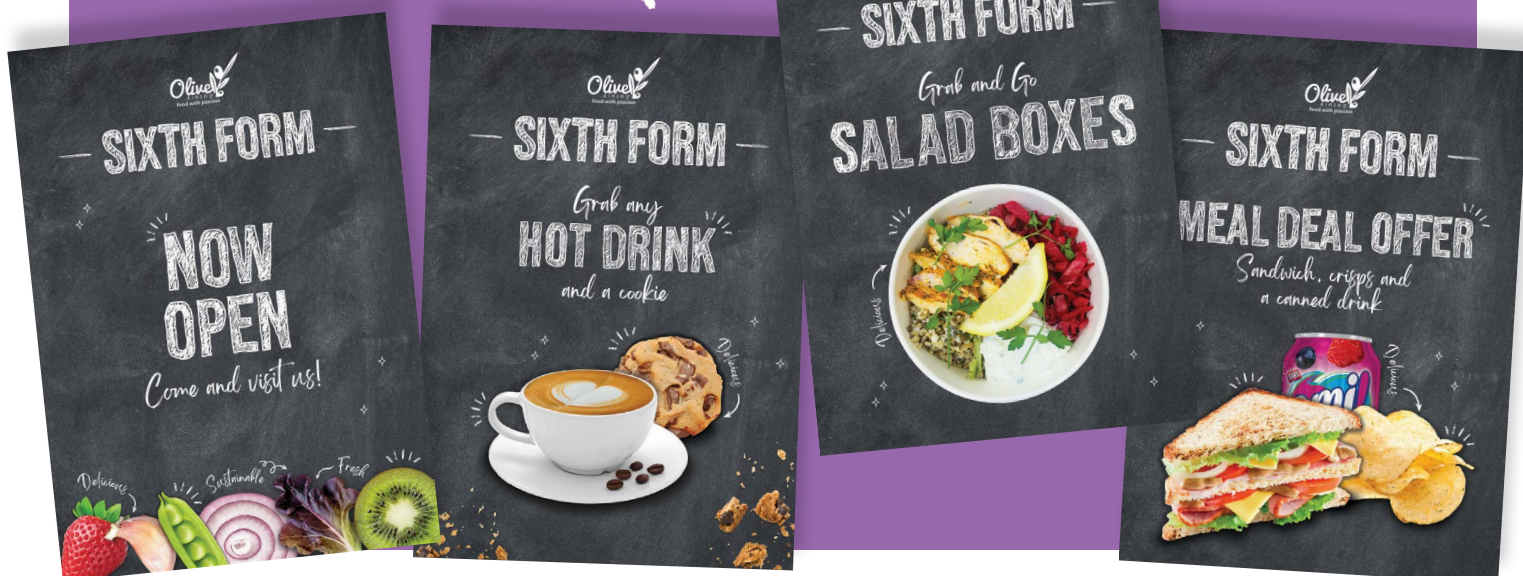
Leave us a review

For any queries please contact:
marketing@olivedining.co.uk



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What's on Offer...



Our Commitment to Healthy Eating

We know that good food and nutrition, leads to better concentration, energy and overall student well-being.

That's why we focus on using wholesome ingredients, reducing processed foods and ensuring our meals provide essential nutrients for growing minds.



Committed to Sustainability

At Olive Dining, we aim to reduce waste to the lowest practicable level, ensuring responsible disposal of waste. Our on-site teams encourage children to use the correct bins provided, and supporting those around us.



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Delicious Olive Recipes to Make at Home

Egg Fried Rice



COOK TIME: 10 MINUTES



SERVES: 1-2



INGREDIENTS:

- Rice
- 1-2 eggs
- Oil, soy sauce, salt & pepper
- Optional: frozen peas, spring onions, chilli flakes

METHOD:

1. Heat oil > scramble eggs.
2. Add rice > splash of soy > stir till hot.
3. Add optional upgrades.



Delicious



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10-Minute One-Pot Jerk Chicken



COOK TIME: 10-15 MINUTES



SERVES: 1-2



INGREDIENTS:

- 1 chicken breast
- Butter or oil
- 1 tbsp jerk marinade
- 1 pouch rice & peas
- Chicken stock, salt & pepper
- Optional: chilli flakes, leftover veg

METHOD:

1. Cook chicken in butter/oil + jerk marinade.
2. Heat rice & peas with chicken stock.
3. Combine with chicken and optional veg.



Delicious



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Glow-Up Packet Noodles



COOK TIME: 5-7 MINUTES



SERVES: 1



INGREDIENTS:

- Packet noodles + seasoning sachet
- Optional upgrades: egg, frozen veg, spring onion, soy sauce, chilli oil

METHOD:

1. Boil noodles.
2. Add seasoning.
3. Add upgrades > enjoy like royalty.



Noodles

Delicious



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Google
Reviews ★★★★★

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Delicious Olive Recipes to Make at Home

Basic Uni Overnight Oats



COOK TIME: 5 MINS PREP (OVERNIGHT)  SERVES: 1

INGREDIENTS:

- 40-50 g rolled oats (½ cup)
- 120 ml milk (dairy or plant-based)
- 1 tsp sweetener (optional)
- Pinch of salt

METHOD:

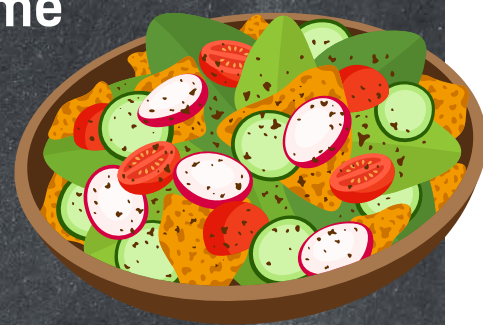
1. Mix oats, milk, sweetener, salt in jar/bowl.
2. Cover and refrigerate overnight (4-5 hours min).
3. Morning: stir & eat cold or microwave 30-60 sec.



Delicious

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Food with passion

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Chicken & Mango Salad



COOK TIME: 20-25 MINUTES  SERVES: 1

INGREDIENTS:

- 1 boneless chicken thigh
- ½ mango
- Handful lettuce
- ¼ cucumber
- 1 tsp oil
- 1 tsp lemon juice
- Salt & pepper

METHOD:

- Cook Chicken**
- Season with salt & pepper.
 - Pan-fry 5-6 mins per side (or bake at 180°C for 20-25 mins).
 - Rest 5 mins, then slice.
- Prep Salad**
- Chop lettuce, dice mango, slice cucumber.
- Dressing**
- Mix oil, lemon/lime juice, salt & pepper.



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Chicken & Black Bean Burrito



COOK TIME: 20 MINUTES  SERVES: 1

INGREDIENTS:

- 400-500g chicken thighs (diced)
- 1 tin black beans
- 200g rice
- 3 large wraps
- 1 onion
- ½ tin chopped tomatoes
- 1 tsp cumin
- 1 tsp paprika
- ½ tsp chilli powder
- Salt & pepper

METHOD:

Cook Rice

- Boil in salted water 10-12 mins, drain.

Filling

- Fry onion (3-4 mins).
- Add chicken + spices, cook 6-8 mins.
- Stir in beans + tomatoes.

simmer 5 mins, season.

Assemble

- Warm wraps, add rice, then filling.
- Add cheese/yogurt (optional), fold and roll.



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1



Buy from restaurant
every day for 2 weeks
& automatically
get entered to win
Cinema tickets

6



**Dessert
pot just £1**

2

Buy a drink and get
a half price fruit pot



7



**Fruit of
the day 50p**

3



**£1 pizza
slice at
break**

8

**£1 home
bake**



4

Buy a main course
and get a free fruit



9



**Smoothie of
the day £1**

5



**Cookie
and drink
£1.50**

10

**Half price
cookie**

