

Preston Manor All-Through Co-operative Trust School



Case study

"This is our 10th successful year of running the programme and our vegetarian and vegan options have become ever more creative and popular. During unprecedented times, a healthier and more sustainable option is more important than ever for our young people. So onwards and upwards for Meat Free Monday!"

Andy Ward, Assistant Headteacher

School background

Preston Manor All-Through Co-operative Trust School is a large school situated in the London borough of Brent. There are 1,900 students ranging from the age of four to eighteen and a team of 230 staff. Preston Manor values and celebrates its multicultural community and places great importance on identifying and meeting individual needs. In addition to a well-resourced Special Needs department, the school hosts a Speech and Language Resource Base.

Healthy/environmental achievements

Preston Manor is a "Healthy School". It has also achieved the Food For Life Bronze Award and is working towards Silver. Joanne Jacobs, the school's catering manager, was awarded Brent's Secondary School Chef of the Year Award in 2010 and her school meal options remain popular with students.



Price of meals:
£2.35

Percentage of students eating school meals:
70%

"I enjoy creating new vegetarian/vegan menus for Meat Free Monday, and it's nice that students and staff continue to respond so positively. We have no regrets!"

Joanne Jacobs, Catering Manager



Lunchtime provision

With in-house catering, the school has 100% control of how its food is sold and promoted, including the dining space itself. It works with a school meals promotion company, Elygra, which provides personalised display boards, menus and food brochures to ensure the canteen looks professional and that the image is exciting.

The Lower School and Upper School have their own kitchen and dining area with the Upper School serving 700 and the Lower School 300. There is a big focus on making the dining experience pleasurable. As well as serving hot meals straight from the kitchen, the canteen also has a separate outlet named "Munch Manor" which provides quick snacks such as toasted sandwiches, wraps, paninis, fruit and juices.



Meat Free Monday launch

The school first heard about Meat Free Monday (MFM) in 2009. After assessing the project's merits and seeing that the initiative tied in well with the Healthy Schools policy, Preston Manor began a series of consultations with students, staff and parents. A number of presentations were delivered and members of the student council visited a neighbouring primary school which had recently started the project. MFM was launched in January 2010, ostensibly driven by the student council and the school leadership team.

10 years on

The school serves a predominantly large Black Asian and Minority Ethnic (BAME) community. Like many London boroughs, this community in Brent has been hit hard by Covid-19, with many families experiencing hardship and loss. The school teaches resilience, and places great importance on students' health and wellbeing. Encouraging students and families to choose a healthy diet is something that Preston Manor would argue is even more central during difficult times.

"The early years were not easy but we were prepared to persevere, and we pushed hard because we believed in the principle. Today, meal uptake on Mondays is often our second highest of the week."

Suresh Sreenivasan, Assistant Catering Manager

"The students are always surprised when I say that I am a vegetarian, but the truth is that there are so many different vegetarian/vegan meal options out there. At school Meat Free Monday gives us the opportunity to educate our students on the healthier food choices on offer, and guess what? It tastes great too!"

Zalika Dale, Director of Student Development

The school remains proud of its continued approach to MFM, which is not negative or judgmental about people who eat or do not eat meat. MFM was introduced primarily as an environmental policy like other school policies, based on the fact that animal agriculture generates huge amounts of harmful greenhouse gases. The school was also keen to promote the health benefits of eating a varied diet including lots of fruit and vegetables.

Now with a full intake, Preston Manor Lower School continues to participate in MFM along with the Upper School, and new parents and students are also informed of the reasoning behind the initiative.


More than 10 years on, and with a desire to build on the programme's positive impact on students, Preston Manor plans to continue MFM indefinitely.

School contact details


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Menu – Lower school


Week 1		Tuesday	Wednesday	Thursday	Friday
Option 1	Vegetarian Chilli-Con-Carne and Rice	Roast Chicken with Roast Potatoes, Farmhouse Vegetables	Spaghetti Bolognese with Garlic Bread	Chicken Tikka with Rice	Fish Fingers and Chips with Baked Beans
Option 2	Pasta of the Day	Vegetable Chow Mein	Leek, Lentil and Spinach Pie with Mashed Potatoes	Ratatouille Pasta Bake	Vegetable Turnover with Chips and Salad
Option 3	Jacket Potatoes with Cheese or Baked Beans	Jacket Potatoes with Cheese or Baked Beans	Jacket Potatoes with Cheese or Baked Beans	Jacket Potatoes with Cheese or Baked Beans	Jacket Potatoes with Cheese or Baked Beans
Vegetarian	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Dessert	Eve's Pudding with Custard	Carrot Cake	Fruit Jelly	Flapjack and Custard	Ice Cream with Cookies


Week 2		Tuesday	Wednesday	Thursday	Friday
Option 1	Pizza of the Day with Salad	BBQ Chicken with Rice	Tuna Wrap or Vegetarian Wrap with Potato Wedges	Lamb Balti with Rice	Fish Fingers and Chips with Baked Beans
Option 2	Vegetable Kebab with Rice	Pasta with Peppers and Courgette	Chickpea and Spinach Curry and Rice	Vegetable Shepherd's Pie with Salad	Cauliflower Cheese with Chips
Option 3	Jacket Potatoes with Cheese or Baked Beans	Jacket Potatoes with Cheese or Baked Beans	Jacket Potatoes with Cheese or Baked Beans	Jacket Potatoes with Cheese or Baked Beans	Jacket Potatoes with Cheese or Baked Beans
Vegetarian	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Dessert	Lemon Sponge with Custard	Fresh Fruit Salad	Apple Crumble with Custard	Cherry Sponge with Custard	Ice Cream with Peaches

Week 3		Tuesday	Wednesday	Thursday	Friday
Option 1	Macaroni Cheese	Lemon Chicken with New Potatoes	Roast Lamb with Roast Potatoes	Chicken Korma with Rice	Fish Fingers and Chips with Baked Beans
Option 2	Vegetable Curry with Rice	Stir Fried Vegetables with Noodles	Quorn Sausages and Potato Wedges	Pasta of the Day	Vegetable Burger and Oven Chips
Option 3	Jacket Potatoes with Cheese or Baked Beans	Jacket Potatoes with Cheese or Baked Beans	Jacket Potatoes with Cheese or Baked Beans	Jacket Potatoes with Cheese or Baked Beans	Jacket Potatoes with Cheese or Baked Beans
Vegetarian	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Dessert	Chocolate Sponge with Chocolate Custard	Banana loaf	Yoghurt with Fruits	Coconut Sponge with Custard	Fresh Fruit Salad with Ice Cream

Menu – Upper school

Week 1		Tuesday	Wednesday	Thursday	Friday
Main Meal	Spicy Bean Burger with Potato Wedges	Chicken Tikka Masala with Rice	Mexican Lamb with Vegetables and Spiced Mexican Potatoes	Peri Peri Chicken with Lyonnaise Potatoes	Breaded Fish
Vegetarian Main Meal	Sweet Potato and Spinach Burrito	Pitta Pockets with Falafel and Salad	Vegetarian Quiche	Vegetable Chow Mein	Vegetable Schnitzel
Pasta	Pasta of the Day	Pasta of the Day	Pasta of the Day	Pasta of the Day	Pasta of the Day
Vegetables	Mixed Salad	Mixed Salad	Farmhouse Vegetables	Coleslaw	Chips/Baked Beans
Dessert	Summer Fruit Fool	Cherry and Pear Crumble	Pineapple Upside Down with Custard	Chocolate Cake with Chocolate Custard	Ice Cream and Fruit

Week 2		Tuesday	Wednesday	Thursday	Friday
Main Meal	Quorn Meatballs with Spaghetti	Steak and Mushroom Pie with Mashed Potatoes	Cajun Chicken Legs with Spiced Rice	Lamb Cottage Pie	Fish and Chips
Vegetarian Main Meal	Potato, Lentil and Spinach Curry with Nan Bread	Four Cheese Ravioli in Arrabiata Sauce	Ratatouille with Garlic Bread	Caribbean Sweet Potato, Squash and Spinach Stew and Rice	Chilli Quorn Nachos
Pasta	Pasta of the Day	Pasta of the Day	Pasta of the Day	Pasta of the Day	Pasta of the Day
Vegetables	Sweetcorn and French Beans	Carrots and Broccoli	Mixed Salad	Medley of Vegetables	Mixed Salad
Dessert	Jam Doughnuts	Coconut Cake and Custard	Assorted Cheese Cake	Carrot Cake	Apricot with Vanilla Ice Cream

Week 3		Tuesday	Wednesday	Thursday	Friday
Main Meal	Vegetable Balti with Rice	Jerk Chicken with Rice and Peas	Beef and Vegetables In Hoisin Sauce With Noodles	Tandoori Chicken with Diced Potatoes	Fish and Chips
Vegetarian Main Meal	Vegetarian Toad in the Hole with Champ	Vegetable Moussaka	Roasted Vegetables with Crusty Bread	Pizza Margherita	Mushroom Risotto
Pasta	Pasta of the Day	Pasta of the Day	Pasta of the Day	Pasta of the Day	Pasta of the Day
Vegetables	Mixed Salad	Coleslaw/Mixed Salad	Farmhouse Vegetables	Mixed Salad/ Sauteed Potatoes	Mixed Salad
Dessert	Assorted Gâteau	Chocolate and Orange Cake with Custard	Apple Berry Granola Crumble	Fruit of the Forest Custard Tart	Cookies with Ice Cream