



PREMIER
FOODS

GLOBAL

FOOD

TRENDS

FROM HIGH STREET TO THE
SECONDARY SCHOOL MENU



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The food safari was such a great experience. Seeing the trends on the high street, tasting everything, and then bringing that back into the kitchen really sparked so many ideas. Creating my own dishes from what we saw, and then having them professionally photographed, was amazing. It's something I'm really proud of.

Erin Ward,
School Chef of the Year Winner 2025



**PREMIER
FOODS**

ABOUT THIS GUIDE

This recipe guide has been developed following a Global Food Trends Tour with the top three chefs from School Chef of the Year 2025.

The chefs took part in a trends and consumer psychology tour of Leeds, exploring the latest global influences shaping the high street, before working together to discuss how these ideas could translate into secondary school menus.

Inspired by the tour, each chef created their own dishes, which were later brought to life in a professional photoshoot and are now showcased in this collection.



Premier Foods research highlights the importance of schools offering on-trend, globally inspired dishes to engage and excite pupils.

91%

*The percentage of children who would be open to trying new meal types if they featured more of their favourite world cuisines**

92%

*The percentage of children who would like to see more world cuisines on the school menu**

*Nationwide research conducted by Censuswide, commissioned by Premier Foods, in July 2025. Participants include 1,000 parents in the UK (aged 23+) with children aged 8-16 years old; 1,000 children in the UK (aged 8-16 years old) who are enrolled in school (excluding homeschooled children) and receive school lunch. The word "cuisines" was swapped for "global flavours" when surveying children for comprehension reasons.

SCOTY CHEFS



The School Food People, School Chef of the Year (SCOTY) competition shines a spotlight on the UK's most talented school chefs, celebrating those creating exciting, nutritious food for pupils. Meet the top three chefs from the 2025 competition.



Erin Ward

*Executive chef with Impact Food Group
based at Holmer Green School in Buckinghamshire*

Erin was crowned School Chef of the Year 2025 after standing out among the UK's top school chefs. Entering the final as a wildcard, Erin impressed judges with both her technical skill and her understanding of what engages pupils, creating a menu inspired by accessible street food that combined creativity with strong nutritional thinking. Her winning dishes, including pork bao buns with rainbow slaw and a playful sweet nacho dessert, showcased her commitment to minimising waste and encouraging children to try new flavours. Erin's approach reflects a wider passion for delivering exciting, healthy meals in schools and championing the role of school food in shaping positive eating habits.

Ben Finn

*Chef at St Leonard's Comprehensive School,
Bishop Wilkinson Catholic Education Trust*

Ben secured second place in the 2025 competition, having already proven himself as a standout talent by winning his regional heat. Joining the trust's catering team in 2022, Ben quickly built a reputation for creativity and a strong understanding of how to deliver nutritious, appealing meals for pupils. For his main course, Ben created chicken & mushroom pie topped with parmesan mash served with braised leeks & carrots. He made a dessert of roasted and caramelised apple, flapjack and crème patisserie. These competition dishes demonstrated both technical ability and a clear focus on delicious, child-friendly food which are key aims of School Chef of the Year.

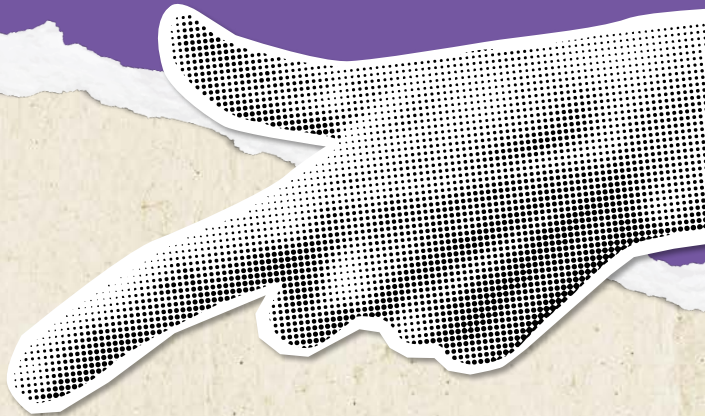


Malachy Pharncombe-Rowe

Chef at Ponteland School, The Pele Trust

Malachy claimed third place in the 2025 final. His progression to the national final came after being selected as a wildcard from the North-East regional heat. Competing against some of the UK's best school chefs, Malachy demonstrated creativity and technical discipline by producing nutritious, cost-effective meals for pupils. His main course was chicken ballotine served with a creamy sauce, potato, apples, fine beans and a butternut squash puree. For dessert he produced a French classic, Crêpe Suzette - rich, sweet batter with soft pear pieces served with ice cream.

OUR LEEDS TOUR



The tour was a carefully curated, bespoke experience designed specifically for the School Chef of the Year finalists. Developed in partnership with Premier Foods by Karen Winter, Consumer Psychologist at The Joy of Food, the tour explored key high street trends alongside the consumer behaviours driving them. From globally authentic food experiences to more modern interpretations of different cuisines, it offered a rich, insight-led view of how food culture is evolving.



The Chilli Shop

in Leeds is the brainchild of Frank Jay, founder of the Fiery Foods Festival. He opened the shop to bring the same sense of excitement and discovery to a permanent space, creating a destination for spice lovers to explore flavours from around the world. Frank's passion for chilli shines through in the shop and on the food tours and tasting experiences he regularly hosts.

Sing Sing Bakery

(Sing Kee Supermarket) –
Traditional Chinese bakery
inside Asian supermarket

Boojum

Accessible Mexican
street food with
strong student
appeal

Clapping Seoul

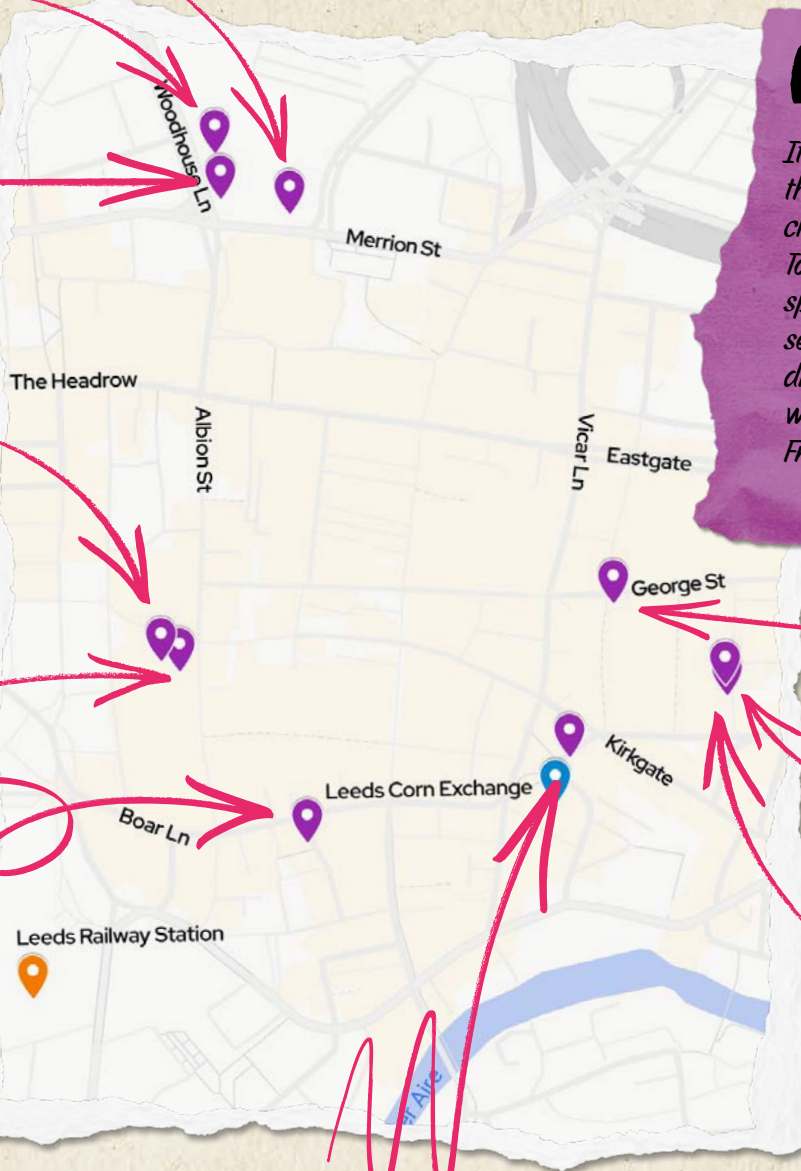
Korean street food
with viral corn dog
cheese pulls

Shouk at Trinity Kitchen

Middle Eastern street
food serving vibrant
dishes

Doh'hut

Creative doughnuts,
including a Butterscotch
Angel Delight special



It was a real pleasure to have
the School Chef of the Year
chefs visit us at the Chilli Shop.
Taking them through the full
spectrum of chilli sauces and
seeing their reactions to the
different flavours and styles
was fantastic.

Frank Jay



Tsujiri Leeds

Japanese matcha café
specialising in teas
and desserts

Chop Chop (Kirkgate Market)

Street food dishes
inspired by South East Asia

Manjit's Kitchen (Kirkgate Market)

Authentic vegetarian
Indian street food



The Underground Bakery

is the creative brainchild of Ash and Marcus, two chefs with over 25 years of combined experience and a shared passion for imaginative flavours. What began as a humble wholesale venture in the basement of Ash's house has risen into a vibrant bakery known for its inventive pastries. With a menu that changes daily, no two visits are ever the same, you'll always find something new, seasonal and surprising on the counter.

THE TRENDS

Global Cuisine Trends that can be brought into your School Kitchen



Korean

Korean cuisine is gaining visibility alongside the growing global trend for Korean culture, including K-pop and television, which has influenced consumer interest in Korean food and products. Using this trend to influence your menus helps to generate interest and engagement, linking food to something students are already excited by.

At its heart, Korean food champions balance and respect for ingredients, with a strong connection to nature and a focus on minimising waste through full use of produce. Dishes often combine fresh, vibrant elements with fermented or cooked components, alongside drinks and desserts where the lines sometimes blur between the edible and drinkable.

For schools, there is an opportunity to translate this cuisine into delicious practical dishes. Think colourful rice bowls, lightly pickled vegetables and familiar formats with Korean-inspired flavours.

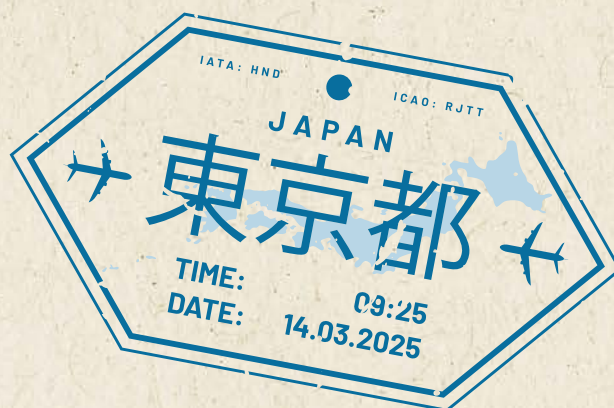


Japanese

Japanese cuisine is rooted in balance and seasonality. At its core is the philosophy of washoku, which translates to 'Japanese food', which celebrates natural flavours, simplicity and a deep connection to nature, with dishes designed to reflect the changing seasons.

Vegetables and plant-based ingredients play a central role, often prepared in ways that bring out their natural flavour. Japanese cuisine is known for its creativity and elements of surprise from hidden vegetables to unexpected flavour pairings. It's no secret that there is a growing popularity of matcha, which is resonating strongly with younger audiences across both drinks and desserts.

School chefs could take the Japanese cuisine inspiration to design simple, seasonal dishes with a strong vegetable focus, gentle flavours and build in an element of surprise or discovery.



Middle Eastern

Interest in Middle Eastern cuisine continues to grow with a love for the bold yet balanced flavour profiles and its naturally social way of eating. At the heart of the cuisine is a vibrant use of herbs and spices which bring freshness and warmth to dishes.

Flatbreads are proving popular, acting as both a base for dishes and a method for adding flavour as they are topped, filled or served alongside dips and salads. The rise of platters and mezze-style dining taps into a growing preference for food sharing, with combinations of small dishes creating colour, texture and choice in one offer.

School chefs may consider how they can bring these elements into a school dining concept. Think build-your-own flatbreads, colourful sides and balanced combinations that are packed with flavour.

South East Asian

South East Asian cuisine is one of the most diverse food cultures globally as it brings together a range of distinct regional influences from Malaysian to Singaporean and Indonesian to Burmese. While often grouped together, each cuisine has its own identity, shaped by local ingredients, history and culture, making it important for chefs to understand the differences as well as the overlaps. Across the region, however, there is a shared focus on bold, balanced flavours, combining sweet, sour, salty, spicy and umami in a single dish.

For UK audiences, dishes such as curries, soups, salads and stir-fries are all widely enjoyed outside of school, making this cuisine particularly accessible to secondary school pupils. From a culinary perspective, technique is key. Stir-frying is one of the most widely used methods, valued for its ability to cook ingredients quickly over high heat while preserving flavour, texture and nutritional value. Slow cooking also plays an important role, especially in curries and braised dishes, allowing flavours to deepen and develop over time.

School chefs could look at how to build in this cuisine in a practical way. Using familiar formats such as noodle dishes, light curries and stir-fries to introduce new flavours.



Indian

Indian cuisine is incredibly diverse, shaped by regional micro cuisines and local ingredients. There is a growing appreciation for the depth behind the micro cuisines, moving beyond familiar dishes to explore the techniques and stories that sit behind them.

A key part of Indian cuisine is the use of fermentation, which plays an important role in creating flavour and texture. Alongside this, techniques such as slow cooking, tempering spices and layering flavours allow simple ingredients to be transformed into something rich and satisfying.

School chefs can create an interest in bold but balanced Indian flavours. There is an opportunity to introduce new ideas using gentle spice, layered flavour and elements of texture to create dishes that will appeal to young people. We recommend taking inspiration from Indian techniques and trends rather than replicating dishes exactly.



Mexican

Mexican food in Britain is moving beyond the familiar favourites into something more regional and deep-rooted in local culture. From their own high street experiences, young people are becoming more knowledgeable and adventurous, recognising more flavour profiles and seeking dishes that feel authentic. At the same time, dishes still need to feel familiar and easy to consume, using hand-held or grab-and-go formats and flavours that pupils already recognise.

For school chefs, this is a powerful opportunity. Mexican flavours offer an easy way to deliver satisfying dishes that balance familiarity with the chance to try new things. Think smoky, fire-led flavours through roasted vegetables, warm spices and gentle heat, rather than overbearing flavours.

Mexican food allows chefs to showcase vegetable-forward cooking, where beans, peppers and grains can take centre stage. The result is food that feels exciting, filling and modern, while still being practical to deliver at scale and adaptable across breaktime snacks and main lunchtime meals.



Food Trends influencing School Menus

Swavoury, Swalty, Swicy, Fricy

The rise of flavour mashups is one of the strongest signals of how younger audiences are reshaping menus. Rather than choosing between sweet, salty or spicy, they're increasingly looking for combinations that deliver contrast and surprise to add to the eating experience.

We are seeing new hybrid flavour trends, which are often shortened into punchy, social-friendly names like swicy, swalty, swavoury and fricy, moving from social media into mainstream foodservice.

Swicy (sweet and spicy) is perhaps the most established of these trends, combining sweetness with heat to create a flavour that builds as you eat. Swalty (sweet and salty) is a more familiar pairing and can offer a sense of indulgence. Think salted caramel or savoury snacks with a sweet glaze. Salt enhances sweetness making flavours feel richer and more intense.

Swavoury (sweet and savoury) blends sweetness with deeper, more umami-led flavours. This could be seen in things like sweet glazes on roasted meats or savoury notes appearing in desserts. Fricy (fruity and spicy) is a newer expression, combining fruit with heat. It taps into the same idea as swicy, but adds a lighter, more refreshing edge, which makes it particularly appealing in drinks, desserts and warmer-weather menus.

Loaded

The "loaded" trend is another area where younger audiences are influencing how dishes are built and presented. While it started with items like loaded fries, the concept has quickly expanded across menus, focusing less on the base and more on the idea of layering flavour, texture and toppings to create something more exciting and customisable.

At its core, "loaded" is about taking a familiar format and building it up with sauces, proteins, garnishes and contrasting textures. This transforms simple dishes into something that feels more indulgent, more visually appealing and more in line with what young people are seeing on social media.

One of the key drivers behind the trend is personalisation. The ability to mix and match toppings allows for a more tailored eating experience, making food feel more engaging and interactive.

School chefs would need to think about how they could deliver this concept in a more balanced way. Think loaded rice bowls, jacket potatoes, flatbreads or salad bases, where flavour can be built through layers.



Vegetable as hero

The shift towards vegetables as the hero is being driven by a growing appetite for lighter, more balanced dishes that still deliver on flavour. Rather than being seen as a side, vegetables are increasingly taking centre stage, with chefs using them as the foundation of a dish rather than an addition to it. Younger audiences are particularly open to this approach, with a greater willingness to try plant-forward dishes that feel modern and full of flavour. It also reflects a broader shift towards more sustainable eating, without compromising on enjoyment.

School chefs should consider how vegetables are used on the menu by moving beyond traditional sides and instead building dishes around them.



Build-your-own/have it your way

The build-your-own trend reflects a growing demand for personalisation, giving diners the opportunity to create meals that suit their tastes, preferences and dietary needs. Rather than a one-size-fits-all approach, menus are evolving to offer a flexible base with options to mix and match ingredients. This shift is being driven largely by younger audiences as the ability to customise a dish makes it feel more engaging and relevant, while also helping to reduce "menu fatigue" and decision anxiety.

Formats such as build-your-own bowls, wraps, salads and pasta dishes allow for a balance between structure and choice, offering a clear starting point while still giving the freedom to tailor the final dish.

In schools this trend can be applied in a simple and practical way, giving pupils more ownership over their meals while still maintaining control of nutrition and portion balance. You could offer a selection of toppings, sauces or add-ons to create variety without adding complexity.

Snackification

Snackification reflects a shift away from traditional meal structures, with younger consumers increasingly favouring smaller, more frequent eating occasions over three set meals a day. Rather than sitting down for breakfast, lunch and dinner, many are choosing to eat little and often, turning snacks into "mini-meals" that fit around busy lifestyles and changing routines.

Young people often prioritise convenience, flexibility and choice. Snacking offers a quicker, more adaptable way to eat, while also allowing for greater variety throughout the day. At the same time, there is growing demand for snacks that offer both enjoyment and nutritional value, reflecting a more balanced approach to eating.

Offering smaller, balanced options that can be eaten at breaktime, lunchtime or on-the-go may better meet the needs of pupils, while still supporting nutritional guidelines.

Bang in Some Beans

Some food trends aren't just emerging organically, they are being actively shaped through collaboration across the food and drink industry. The Food Foundation and Veg Power have worked together on the Bang in Some Beans campaign. This is a clear example of bringing together chefs, retailers, caterers and schools with one shared goal: to make beans more visible, accessible and desirable on menus.

By bringing together different industry voices, the campaign turns a simple ingredient into a movement, with people seeing beans as a solution to health, cost and sustainability challenges. For school chefs, this means understanding that trends are not just followed, but can also be co-created, with practical, scalable ideas that deliver real impact on plates, habits and future food culture.



THE

RECIPES



Chilli Butterscotch

WITH Crêpes Suzette and Caramelised Pineapple

This dish is designed to surprise the tastebuds. Pancakes pair brilliantly with caramelised pineapple and a spicy Angel Delight Butterscotch Whip



PREP TIME: 15 MINUTES COOK TIME: 20 MINUTES SERVES: 10

Method

1. Mix the chilli powder with the Angel Delight NAS Butterscotch Whip, then add water following the instructions on the packet, cover and chill until needed.
2. Slice your pineapple into wedges, removing the core in the process.
3. In a pan, slowly caramelise the caster sugar. Once golden brown, place the pineapple wedges flat side down until the pineapple takes on the golden brown of the caramel on one side. Set aside for later.
4. Deglaze the pan using the orange juice and butter. Bring to a rapid simmer, then coat the pancakes in the caramel.
5. Serve warm or cold, placing the Angel Delight NAS Butterscotch Whip onto the pancakes, and garnishing with a wedge of caramelised pineapple and chilli flakes.

Tip

The chilli can be showcased as a spicy challenge! Getting kids excited to challenge their tastebuds, whilst enjoying an excellent sweet treat.

To reduce the sugar content, try using with fresh pineapple instead of caramelised pineapple.

Ingredients

- ★ 1 tsp chilli powder
- ★ 70g Angel Delight No Added Sugar Butterscotch Flavour Whip
- ★ 360ml water
- ★ Chilli flakes to garnish
- ★ 40g butter
- ★ 20 small pancakes
- ★ 1 pineapple
- ★ 50g caster sugar (optional)
- ★ 2 oranges, juiced

ALLERGENS: WHEAT, MILK, EGGS

Please check the ingredients declaration on the products you use making this recipe



Malachy Pharcote-Rowe

The sweet richness of butterscotch is complemented by a gentle chilli heat, creating a balanced contrast that makes a memorable eating experience. By bringing together elements of fusion cuisine with a classic French dessert, this dish offers a modern twist on a traditional favourite.



Scan this to view online recipe

Black Bean and Tofu

Tikka Masala **BURRITO**

A delicious fusion of Indian flavours with a Mexican influence. Great as part of a meal or a grab and go option. For dip and side recipes follow the QR code.



PREP TIME: 30 MINUTES COOK TIME: 45 MINUTES SERVES: 10

Method

1. Prepare the rice by washing and draining, add the spices, cover with 800ml of water, bring to the boil, simmer until cooked.
2. Prepare the tofu by bringing a pan of salted water to the boil. Place the tofu in the pan for 2 minutes. Remove and drain dry. Toss in a marinade of oil, turmeric, garlic, ginger, curry powder, ground cumin, salt, and pepper. Leave to marinade for 5 minutes. Toss in cornflour, then brown evenly in a flat-bottomed pan. Remove once browned and leave to one side.
3. Make the curry paste- combine the ingredients in a processor. You will need to add water to form a thick curry paste.
4. In a pan heat the oil and the sliced red onion until softened but not coloured. Add the curry paste. Cook out for 5 minutes. Add the black beans and stir through. Add water and Bisto Professional Vegetable Bouillon Paste and leave to simmer for 5 minutes.
5. Add the tofu and the rice to the sauce and leave to cook for 5- 6 minutes.
6. Make the chapattis whilst the curry is cooking. Combine the chapatti ingredients adding the water slowly until you have a soft dough. Leave to sit for 5/10 minutes.
7. Split into 10 balls and roll them out very thinly. Heat a flat-bottomed pan, dry, on a medium heat. Once hot put in one of the breads. They take between 1-2 minutes each side. When you see bubbles appear on the surface, they are ready to turn over. Remove and keep warm under foil.
8. To serve put 2-3 spoonfuls of the curry mix down the centre of the chapatti and fold like a burrito.

Ingredients

Rice

- ★ 400g 50/50 rice
- ★ 1 tsp turmeric
- ★ 1 tsp garam masala

Tofu

- ★ 350g firm tofu
- ★ 1tbsp oil
- ★ 10g turmeric
- ★ 10g garlic
- ★ 10g ginger
- ★ 15g curry powder
- ★ 10g cumin
- ★ 50g cornflour

ALLERGENS:

GLUTEN, SOYA

Please check the ingredients declaration on the products you use making this recipe.

Curry paste

- ★ 30g tomato puree
- ★ 10g garlic
- ★ 10g ginger
- ★ 10g brown sugar
- ★ 1 red chilli
- ★ 10g garam masala
- ★ 10g ground coriander
- ★ 1 onion
- ★ Salt and pepper to taste
- ★ Water, as needed for consistency
- ★ 1 tbsp oil
- ★ 1 red onion, sliced
- ★ 20g Bisto Professional Vegetable Bouillon Powder
- ★ 200g black beans
- ★ 25g fresh coriander

Chapattis

- ★ 130g wholemeal flour
- ★ 130g plain flour
- ★ 1 tbsp oil
- ★ 100-140ml hot water, enough to make firm dough



Erin Ward

This dish combines nutrition, flavour and versatility in one delicious meal. Packed with plant-based protein and fibre, it offers a healthy meat-free option without compromising on taste. The dish delivers great flavours and plenty of opportunities for you to adapt and make your own. Suited as a plated meal or grab-and-go offer, it provides a modern take on plant-based dining.



Scan this to view online recipe

BISTO FALAFEL

Tomato, Lime & Chilli Salad

Spicy Red Schug Hummus & Balloon Bread

Spicy, fresh vibrant falafel dish, with great texture and a show stopping balloon bread. You can serve plated or filled as a grab and go offer. We have fried the falafel, but they can be sprayed with oil and oven baked for a healthier and scaleable recipe.

PREP TIME: 30 MINUTES COOK TIME: 30 MINUTES SERVES: 10

Ingredients

Falafel

- ★ 400g dried chickpeas
- ★ ½ tsp bicarbonate of soda
- ★ 25g fresh parsley leaves
- ★ 25g fresh coriander
- ★ 25g fresh mint
- ★ 1 bunch spring onions, chopped
- ★ 4 garlic cloves, peeled
- ★ 20g Bisto Professional Vegetable Bouillon Powder
- ★ 1 tbsp ground black pepper
- ★ 1 tbsp ground cumin
- ★ 1 tbsp ground coriander
- ★ 1 tsp cayenne pepper, optional
- ★ 1 tsp baking powder
- ★ 2 tbsp toasted sesame seeds
- ★ Oil to fry

ALLERGENS: MILK, SESAME, WHEAT (GLUTEN)
MAY CONTAIN: SOYA

Please check the ingredients declaration on the products you use making this recipe.

Hummus

- ★ 400g tinned chickpeas
- ★ 80g smooth tahini
- ★ 50ml olive oil
- ★ 50ml fresh lemon juice, plus more to taste
- ★ 1 garlic clove
- ★ ½ tsp sea salt
- ★ 5 tbsp water, or as needed to blend

Balloon Bread

- ★ 325g McDougalls White Bread & Roll Mix
- ★ 60ml thick natural yoghurt
- ★ 125ml water
- ★ 1 teaspoon salt

Method

1. To make the falafel, soak dried chickpeas and baking soda overnight in a large tub.
2. When ready, drain the chickpeas completely and pat them dry.
3. Blitz the herbs, onions, garlic, Bisto Professional Vegetable Bouillon Powder and spices in a food processor fitted with a blade. Add the chickpeas and blitz again but keep some texture in the chickpeas.
4. Refrigerate until ready to cook.
5. Before frying, add the baking powder and sesame seeds to the falafel, mix and shape. Divide into 30 patties.
6. Carefully deep fry the falafel at 180°C for about 3 to 5 minutes or so until crispy and medium brown on the outside.
7. Drain falafel and serve hot.

Balloon Bread

1. Mix McDougalls White Bread & Roll Mix, yoghurt, cold water and salt until a ball forms.
2. Knead for a couple of minutes and rest in the fridge for at least 20 minutes.
3. Preheat oven with your baking trays in 220°C, 450°F, gas mark 7.
4. Divide dough into 6 balls, dust with flour and roll out into long rectangle.
5. Place on greaseproof paper and bake on hot trays until risen and crisp.



Ben Finn

The falafels can be oven baked, making them easy to prepare in volume while maintaining consistency. The accompanying sauces and dressings can be adapted to suit individual operations and customer preferences. I created the balloon bread to create a sense of theatre, while adding texture and authenticity, making it a real menu showstopper.

Tips

You can use tinned chickpeas for the falafel if you are doing it the same day, just make sure they are well drained.

Balloon Bread can be replaced with a pitta or flatbread if a large oven isn't available and doing on a large scale.

Scan this to view online recipe



JAPANESE

Ube and Vanilla Sponge with Coconut

A vibrant sponge to catch the eye and bring excitement to the counter. The sponge is steamed to keep the colour. Filled with Angel Delight No Added Sugar Vanilla Flavour Whip and topped with coloured coconut.



PREP TIME: 30 MINUTES COOK TIME: 60 MINUTES SERVES: 20

Method

1. Add the McDougalls Plain Sponge Mix and desiccated coconut into a mixing bowl fitted with a whisk attachment. Add water, ube flavouring or blackberries and mix on medium speed for 1 minute. Scrape down.
2. Mix for a further 4 minutes on medium speed.
3. Place the sponge batter into 3 x 10inch sponge tins.
4. Steam the sponge in oven at 100°C for 1 hour, or until cooked through, allow to cool.
5. Add the milk and Angel Delight NAS Vanilla Whip, whip for 1 minute on low speed, scrape down and whip for 5 minutes.
6. If colouring the coconut, toss the coconut into the colouring until it's got an even coating.
7. Layer the cooled sponge with the whip, and cover the sides, garnish with the coconut flakes.

Tip

Struggling to get ube flavouring? You can just add purple colour to the sponge. Or why not use 300g pureed blackberries and reduce water from 400ml to 300ml. Or for a yellow cake use Bird's Custard Powder in with the sponge mix to create a vibrant yellow cake.

Ingredients

- ★ 750g McDougalls Plain Sponge Mix
- ★ 50g desiccated coconut
- ★ 400ml water, for sponge
- ★ 5ml ube flavouring
- ★ 70g Angel Delight No Added Sugar Vanilla Flavour Whip
- ★ 140ml semi skimmed milk
- ★ 50g coconut flakes
- ★ Purple food colouring (optional) or 300g blackberries pureed (optional)

ALLERGENS: WHEAT, SOYA, EGG, MILK

Please check the ingredients declaration on the products you use making this recipe.



Louise Wagstaffe

This eye-catching cake is a real winner with children, thanks to its bold colour and playful feel. Ube, a naturally purple yam available as a powder, purée or jam, gives you that standout finish, or you can create a vibrant yellow sponge using Bird's Custard Powder for a different take. Finished with coconut, the cake brings added texture that works beautifully with both versions.



Scan this to view
online recipe

SHARWOOD'S

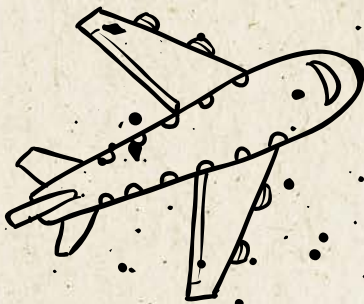
Indian Dosa with Black Lentil Dhal and Onion Salad

Dosas can be served with a range of chutneys, salads and vegetable accompaniments, allowing chefs to adapt the dish to seasonal ingredients and local preferences.



**“ Louise
Wagstaffe**

This is a fantastic way to introduce children to new flavours and cuisines in a familiar format. As most children already enjoy pancakes, this dish provides a great way for them to try Indian-inspired food while encouraging menu variety. The result is a flavour-packed meal that combines great taste, texture and visual appeal.



To view the recipe scan this



MUJADARA

with Chicken

Mujadara with chicken is a proper comfort dish at heart, brought to life in a more modern, street food style. The baked rice is full of flavour, lifted with Bisto Chicken Bouillon and warm, fragrant Lebanese spices giving you real depth of flavour. It's ideal for both plated dining and grab-and-go pots.



Malachy Pharrncote-Rowe

The natural sweetness of the caramelised onions runs throughout the dish, balancing the savoury notes and adding both texture and flavour. The chicken can be prepared using either grilled chicken or shredded chicken thighs, so you can adapt the recipe to suit your kitchen, style and budget.



To view the recipe scan this



SAVOURY DANISH

with Caramelised Onion and Feta

This takes a familiar bakery favourite and gives it a subtle twist, bringing together European and Asian influences in a way that feels both comforting and a bit different. The rich filling of caramelised onion and feta delivers a lovely savoury filling, while that irresistible cheese pull adds real visual appeal and a bit of theatre.



Louise Wagstaffe

This dish is perfect for break times as it provides an alternative to sweeter pastries and can be adapted with a variety of fillings to suit different menus. It is a simple way to introduce globally inspired flavours into a format that customers already know and enjoy.



To view the recipe scan this



STRAWBERRY

Cheesecake Milkshake

This two-tiered Strawberry Cheesecake Milkshake is all about big impact and indulgent flavour. It brings together the familiar taste of strawberry cheesecake in a fun, layered milkshake format.



“ Louise Wagstaffe

I think this is a style that will really land with young customers, offering something that feels both nostalgic and new. The layered presentation adds a real sense of theatre and is a great way to make milk-based drinks more exciting. Not just in flavour, but in how they look.



To view the recipe scan this

WHITE CHOCOLATE BLONDIE with Matcha Crème



and Sesame Tuile

A take on classic British baking with a modern Japanese-inspired twist, this dish is packed with colour, flavour and texture. The creamy matcha custard, made with Bird's Custard Powder, is a real highlight. A sesame tuile adds that all-important crunch, creating a dish that feels modern but with a hint of familiarity.



Ben Finn

I wanted to showcase a great example of how British and Japanese influences can come together to create something that feels exciting, but still practical for foodservice.



To view the recipe scan this



MCDUGALLS Non-Dog

This is a fun and creative sweet twist on a traditional hot dog. Packed with flavour and visual appeal, it's a great way to surprise and delight children.



Erin Ward

When creating this dish, my aim was to have a little fun while delivering a sweet eating experience. Easy to prepare and scale, it combines a variety of textures to create a memorable dessert with a difference.



To view the recipe scan this

LEARNINGS

FOR SCHOOL KITCHENS

Throughout the tour, at each location we discussed what could be taken as inspiration for school food. From the way menus were presented with clear, easy-to-select options for building a meal, to how specific concepts could be adapted for a school setting. Our discussions also highlighted how using simple, accessible ingredients can help bring these ideas to life more easily, making it quicker to translate high street trends into school-compliant dishes.



3 Important findings for School Food

1. Visual Appeal



Keep your menus clear and easy to choose from just like we saw

at Boojum in Leeds. A bold, simple layout really helps pupils know what they want straight away. Think about colour too, it makes such a difference. From a food perspective I loved the vibrant falafels at Shouk and something like this could really stand out on the servery and draw pupils in. It's those simple things that make the food feel more exciting and easier to choose.

Erin Ward



From a consumer psychology point of view, visual appeal really matters, it's one of the first things the brain responds to when we're deciding what to choose. Colour, contrast and presentation can make dishes feel more inviting and easier to pick, helping guide pupils towards the options we really want them to try.

Karen Winter, Consumer Psychologist



Everything we saw on the food tour could be adapted and brought into a secondary school to help pupils see school food in a way that feels just as exciting as the high street. The way colour was used in dishes was a great reminder of how important visual appeal is to encourage the trial of new dishes.

Ben Finn



Tips for incorporating the trends on your menu

2. Familiar ingredients in new formats



When we visited Tsujiri, I tried a strawberry cheesecake-style drink and immediately started thinking about how that could work in a school setting. I realised something like Angel Delight could deliver those same flavour profiles in a way that works for a school kitchen. We finished the tour at Doh'hut, where I discovered that they use Butterscotch Angel Delight as a doughnut filling which really reinforced the idea that a familiar ingredient can be used in a completely new way."

Erin Ward



From a consumer psychology point of view, familiarity gives people a sense of comfort and it helps them feel confident in their choice. But it's the new flavours that create the excitement. When you combine the two, you make it much easier for pupils to try something different, because it still feels safe, just with a twist.

Karen Winter, Consumer Psychologist



It was great to see so many different flavour combinations at Manjit's Kitchen, it really showed that you don't need to compromise when it comes to vegetarian food. The quality and presentation of the dishes were really appealing, and it made me think about how we could recreate those Indian street food flavours in an inclusive way, using ingredients like the Sharwood's range."

Malachy Pharrncote-Rowe



The biggest takeaway for me was to stay curious and look beyond your own kitchen and really pay attention to what's happening on the high street and think, how could this work in a school setting? When you've got nutritional guidelines and budgets to work within, it doesn't limit you, it actually pushes you to be more creative with flavour and format. And sometimes it's about being brave enough to try something new by mixing flavours you wouldn't normally put together and seeing what works, just like we saw when we visited Underground Bakery. As chefs, it's vital we all take time to step out of our kitchens, seek inspiration, and encourage creativity."

Louise Wagstaffe,

Senior Culinary Lead at Premier Foods Foodservice



Creativity really comes from giving yourself permission to be playful. It's often the unexpected flavour combinations that create interest and make something both appealing and memorable.

What was great to see from the chefs on this tour is that, by stepping away from doing things in the usual way, they came up with some really fresh ideas and that makes food feel exciting for the chef and the pupil.

Karen Winter, Consumer Psychologist





PREMIER
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Bisto Professional Bouillons Powder and Paste



As school kitchens continue to balance tight budgets with rising expectations around flavour, products like Bisto Professional Bouillons offer a flexible solution. Available in both powder and paste formats, they give chefs control and consistency across everything from soups and sauces to gravies and one-pots.

Developed by a chef for chefs, the ability to build depth of flavour quickly is particularly valuable in school environments, where time and labour are limited. These bouillons also support the growing trend for global flavours and fusions, helping school chefs create more satisfying dishes without adding complexity to prep time.

Sharwood's Indian & Chinese Sauces



Global flavours are now firmly embedded in school menus, as pupils increasingly look for the same variety and familiarity they experience outside of school. Sharwood's Indian and Chinese sauces make it easy for chefs to introduce these popular cuisines in a way that works for busy school kitchens and that children and young people will love.

Each sauce can be used on its own or as a base for chefs to get creative and add additional ingredients. They are also a source of vitamin D and fibre. From curries to stir-fries, these sauces deliver consistent results while helping to broaden pupils' tastes, making them a practical way for school chefs to tap into the ongoing demand for world-inspired dishes.

Angel Delight

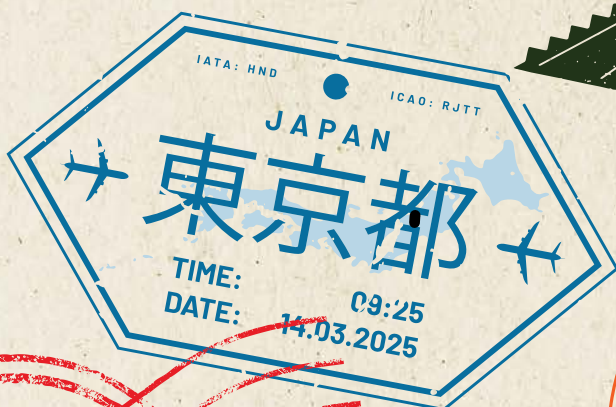


Providing desserts that are both appealing and easy to deliver at scale remains a key focus in school catering. Desserts are a great way to entice children to try new dishes. Having been loved for generations, Angel Delight continues to evolve with new products that meet the changing needs of school dining, including the new No Added Sugar option alongside the popular mousse and whip products.

With a range of flavours available, it gives school chefs the flexibility to create appealing desserts that can be prepared in advance without adding pressure in the kitchen. Easy to prepare and portion, it's a reliable choice for a busy school service. Serve it up on its own or use it as a base to create your own desserts by bringing in fruit, jelly and other ingredients.



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