



TF MALTA



St Edward's College  
Malta

Every child should have  
access to the most  
exceptional nutritious and  
vibrant food available

# Introduction

Founded in 2004 by Frank and Emma Bothwell, Thomas Franks is a contract catering company founded on the principles of honesty, trust and loyalty.

Thomas Franks is privately-owned and founder-led, which gives us the tools to be agile, responsive and flexible. Our teams are well-equipped to create nutritious meals by utilising fresh, local ingredients that can be enjoyed by both children and adults alike. We pride ourselves in the high quality of both our food and our people, working with local and regional family-owned suppliers whilst ensuring continuous training and development at every level of the business.

Thomas Franks expanded beyond the UK, working with existing and new clients to extend their services to international offices. The result of this venture saw the launch of Thomas Franks Portugal Ltd in June 2020. Portugal was always high on the list of countries in which we wished to open due to its rich and historic cuisine, superb seafood and outstanding produce.



*Frank Bothwell*  
FOUNDER

“Everything we do adds value to the catering at International Sharing School – Taguspark”



## A NEW PARTNERSHIP

We are proud to start a new partnership with the St Edwards College as their catering team.

We are proud to start our new partnership with St Edwards College. Our aim is to work alongside ISS in providing a healthier and more efficient catering service.

We offer outstanding service, locally sourced produce and a wealth of experience from our talented team at Thomas Franks. As food is such an important part of the school day, we have worked closely with St Edwards College to ensure that all their needs are met.

With this in mind, our team at Thomas Franks will implement a training program for chefs to improve their understanding on nutrition, allergies, food safety and technical ability. In addition to this, we aim to add more innovative, balanced and age-appropriate food options through an artisan salad bar, hydration station and freshly baked bread every day. Following their new extension, we will give advice and support to maximise operations and create a better service flow.

We are very excited about working with St Edwards College and providing fresh daily school lunches. Students will be able to pay by cash or card and parents are also welcome to purchase meals in advance, weekly or termly directly from the newly refurbished canteen.



# Excellent

## CATERING FOR ALL

We believe that a healthy mind and body are vital to a successful school day. A thorough understanding and commitment to a healthy lifestyle will be a lifelong benefit to our pupils. In partnership with Thomas Franks, we have developed a programme that will encourage a positive attitude throughout our school to the value of a consistently balanced and healthy diet.



## A NEW PORTFOLIO OF DELICIOUS DISHES

INSPIRED BY MALTA'S RICH CULTURAL HERITAGE AND PROFILE

Our highly skilled chefs will work with the team to take advantage of freshly sourced ingredients to cook authentic, delicious food; whilst demonstrating a clear understanding of the dietary requirements of our pupils.

These menus will be changed termly and seasonally to take advantage of the plentiful seasonal produce and to inspire new dishes.

Eating a balanced diet throughout the day not only ensures optimum growth and development, it also provides sustained energy for pupils' academic and physical activity. It optimises their concentration levels and makes an essential contribution to overall nutrient requirements.

# Our people

Here is a small sample of our core staff (there are many more of us) who will always be available to ISS Taguspark throughout our partnership. Whether the queries are operational, HR related or financial clarifications or nutritional guidance with our specialist, we will always be available to support at ISS Taguspark. All of this is included in our partnership.



*Frank Bothwell*

FOUNDER

Frank has thirty years of experience in high quality catering. As a very hands-on founder, Frank will motivate your local team to improve your service and make sure we make a difference on a day-to-day basis for every student, resident and team member, so that your new service provides real added value.

*Anna Davies*  
MARKETING & COMMUNICATION MANAGER



Anna will work with our in-house team of professional graphic designers and skilled communicators to design a restaurant style ambience with bespoke branding and complementary presentation collateral.

*Christine Bailey*  
NUTRITIONIST



Christine's role is to endorse healthy living and good nutrition, based on her knowledge of the science of food, with training and education. She advises our managers and chefs on the delivery of nutritionally balanced menus and promotes the importance of eating a healthy balanced diet with roadshows, food demonstrations and interactive workshops. Christine also trains the team on special diets and allergen management.

*Jon Grima*  
MANAGING DIRECTOR MALTA



Jon will inspire the onsite team to develop the menus, so the food offer is varied, nutritious and an exciting highlight of the day. This will be complemented with pop-up and tasting tables to educate the pupils on the importance of varied and healthy eating. Jon has the perfect blend of skills to lead the team and provide a consistent high standard of food and service.

# ALLERGEN MANAGEMENT

*Reassurance to parents, pupils and staff*

We take allergens seriously at Thomas Franks and we're dedicated to delivering only the safest food to all at every mealtime. We are proud to say that we were the first contract caterer to receive a Coeliac UK accreditation, highlighting our commitment to implementing robust allergen procedures.

Head of Nutrition, Christine Bailey and Jon Grima, have worked rigorously with Coeliac UK, liaising with Malta's Coeliac Associations, obtaining local endorsements, leading the way for contract catering in Malta.



Christine is an award winning degree qualified Registered Nutritionist (BANT), Chef and Author with over 20 years of experience in the health, corporate, fitness and food industry. With additional training by the Institute of Functional Medicine, Christine is an experienced Functional Performance Nutritionist and works across Thomas Franks providing evidence based Nutrition Support. As an author of over 14 recipe and health books Christine is experienced in analyzing new trends and research, menu design, recipe development, supporting special diets and allergies. Christine also works closely with our clients providing workshops, cookery demos, talks and presentations on all aspects of nutrition and wellbeing.

*Christine Bailey*

Group Director of Nutrition and Wellbeing

## NEW FOOD OFFER

We give our Head Chefs an unrivalled level of access to local and family-owned suppliers. This freedom will allow the catering teams to showcase bespoke, seasonal, fresh, and innovative foods, exciting pupils, and staff daily. Don't be surprised to see an International Street Food pop up in your dining room or perhaps a pancake with ice-cream treats for an unsuspecting crowd!

## FOOD PRESENTATION

Our counters will be vibrant, colourful, and inspiring. Your pupils enjoy dining out in popular high-street restaurants, meaning their school dining environment should closely reflect this level of food and service.


## POP-UPS AND THEME DAYS

Our in-house Thomas Franks Marketing team have designed an Innovation Calendar that provides collateral throughout the year for endless originality. Head Chefs can use the calendar monthly to keep the food options exciting and varied.



# Example lunch menus





*Today's Menu*

**SOUP OF THE DAY**  
Carrot

**DISH OF THE DAY**  
Patata il forn  
(Boneless chicken fennel & potato)

**VEGETARIAN**  
Roast vegetable & Feta Frittata

**SIDES**  
Egg fried rice, carrots, broccoli

**DESSERT**  
Fresh fruit pot

## Primary menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP OF THE DAY</b> Carrot	<b>SOUP OF THE DAY</b> Soppa tal-armla	<b>SOUP OF THE DAY</b> Butternut	<b>SOUP OF THE DAY</b> Minestra	<b>SOUP OF THE DAY</b> Tomato
<b>DISH OF THE DAY</b> Patata il forn (Boneless chicken fennel & potato)	<b>DISH OF THE DAY</b> Cottage pie	<b>DISH OF THE DAY</b> Pan fried cod with lemon	<b>DISH OF THE DAY</b> Spinach & tuna pie	<b>DISH OF THE DAY</b> Spaghetti Bolognese
<b>VEGETARIAN</b> Roast vegetable & Feta Frittata	<b>VEGETARIAN</b> Roast pepper & black bean burrito	<b>VEGETARIAN</b> Spinach & Ricotta lasagne	<b>VEGETARIAN</b> Sweet potato Massama	<b>VEGETARIAN</b> Carrot & butternut Gnocchi
<b>SIDES</b> Egg fried rice, carrots, broccoli	<b>SIDES</b> Garlic and herb potatoes, peas, cauliflower	<b>SIDES</b> Garlic & herb potato Sweetcorn, cabbage	<b>SIDES</b> Roast potatoes rice, green beans, pumpkin	<b>SIDES</b> Rice, tomato and coconut sesame salsa, peas
<b>DESSERT</b> Fresh fruit pot	<b>DESSERT</b> Fresh fruit pot	<b>DESSERT</b> Fresh fruit pot	<b>DESSERT</b> Fresh fruit pot	<b>DESSERT</b> Fresh fruit pot

Selection of salad, fruit & available daily  
€4.45 complete meal

## Secondary menu

SAME AS ABOVE INCLUDING INTERNATIONAL DISH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>INTERNATIONAL DISH</b> Soy & ginger pork bites & vegetable noodles	<b>INTERNATIONAL DISH</b> African chicken and lentil soul stew	<b>INTERNATIONAL DISH</b> Sweet & sour pork & pineapple with egg fried rice	<b>INTERNATIONAL DISH</b> Chilli beef tocos with guacamole & sour cream	<b>INTERNATIONAL DISH</b> Katsu chicken curry

Selection of salad, fruit & available daily  
€4.95 complete meal

# Sustainability

'We strive to work in the most sustainable way possible, showing consideration to future generations in all that we do'



We work with our clients to reduce the use of energy, water and fuel in the distribution, storage and cooking of food. We select sustainable, traceable products and ingredients to secure a greener future.

## SUSTAINABILITY PLEDGES 2022

- 1 Pilot reduction in single use plastic across the company.
- 2 50% reduction in paper usage.
- 3 Pilot food waste composting.

## SUSTAINABILITY PLEDGES 2023



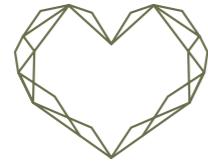
To compost 100% of food waste, in all locations.

## SUSTAINABILITY PLEDGES 2025



To be carbon neutral, as a company.

## SOCIAL RESPONSIBILITY



# THOMAS FRANKS *foundation*

Whilst successfully growing the company, Emma and Frank Bothwell were determined to help those facing difficulty and disadvantage and so in 2019, The Foundation was launched.

### ♥ Feeding Communities

In March 2020, the impact of the pandemic soon became dramatically apparent with food poverty escalating. With the brilliant support of Thomas Franks' clients, suppliers, and donors, we started to produce freshly prepared and nutritionally balanced meals.

We involved charities to gain access to those in greatest need in the most efficient way.

The programme developed and grew to include over 100 charities.

### ♥ Food Poverty

To help tackle food poverty, our Feeding Communities initiative will continue. However, we have extended our programme with a series of initiatives designed to help children and young adults to make healthy and sustainable food choices.

### ♥ Beyond Education - Being Human

This programme teaches pupils in our locations how to prepare, cook and package fresh, nutritious meals and also educates them about food poverty. Each session results in the production of 50-100 chilled meals to be delivered to the most in need in the local community.



### ♥ We Grow - You Grow

Pupils grow a range of herbs, fruit and vegetables and are fully supported with a programme of kitchen garden lessons. Once harvested, the produce can be incorporated into the school menu or the Feeding Communities project.

### ♥ Surplus to Purpose

We aim to roll out dozens of Surplus to Purpose super hubs across the UK and abroad. All via a partnership with the Real Junk Food Project.

### ♥ Green Kitchen

We are advocates for schools growing their own herb, vegetable and fruit garden/orchard whenever possible. We are highly involved in leading and guiding this initiative and ensuring appropriate age groups are as involved as feasible.

### ♥ Sponsored Partnerships

We will create bespoke experiences for your pupils to experience visits to our dedicated local family suppliers, whether that be a cheese production or picking fruit and vegetables. Our partnerships with local and regional family suppliers are ever increasing as we grow. This is a bespoke service, and the possibilities are endless.

### ♥ Healthy Competition

...and we are excited at the opportunity of kicking off bespoke Thomas Franks "MasterChef" and "Bake Off" schools' competitions in Portugal!

# More than **one million** meals served to local families in need





# TF MALTA

“We will work with creativity and passion, ensuring we add unparalleled value beyond what we believe is essential in schools - nutritious and exciting food, at a competitive value.”

