**Sample Articles for Blog**

Article 1

**Summer Food Festival (at Sky)**

I have decided to mix things up a bit and not eat my leftover dinner from the night before at my desk. This week at work I am going to take full advantage of the summer food festival here at Sky. I will visit The Garden Grill, Flintoff’s Fish Bar, Delphine Food Van and The Big BBQ. I’m not sure what to choose yet but here are some of the dishes on offer: Jerk beef Chilli, Thai fishcakes and noodle salad, Buttermilk chicken, Hog roast and Thai curry. Yummy!

Article 2

**Summer Food Festival  - Monday**

Flintoff’s Fish Bar: Thai fishcakes and noodle salad

So I made a beeline to Flintoff’s because it had the shortest queue. My lunch break is precious and I planned to have a quick snooze on one of the deckchairs to recharge.

The Thai fishcakes are hot, spicy and wonderfully moreish but unfortunately the noodle salad had seen better days. I recommend the fishcakes but you might need to grab a bag of crisps or a Twix to keep you going after lunch.

Article 3

**Summer Food Festival  - Tuesday**

Delphine Food Van: Pulled lamb

Stick a folk in me I’m done! I’m sorry I know this is supposed to be an informative blog but all I have to say about my meal is that it was absolutely delightful and that I highly recommend it.

Article 4

**Homebase and a mini Argos (yay!)**

I popped to Homebase today because I’m planning to paint the garden fence this weekend and I discovered that they have a handy mini Argos tucked away in the corner. They have very limited stock but they do have a handy order-in and collect later service. I must confess I am a last minute Christmas shopper so I suspect the service Argos provides will be vital to preserving my relationship with the family because last year I shopped for all gifts in Tesco. Oh and I hope you know your undercoat from your primers and sealants – if not, good luck finding any staff around to assist you!

Article 5

**Sky Central Meal Options - my thoughts so far…**

Sky Central food services are viewed as a group of defined outlets in replacement of the Sky 6 Canteen. **The Garden** offers a quality salad bar, similar to the **Atrium**, which has proved extremely popular; **The Restaurant** provides a table service environment which again has been extremely popular in the BiBB and Hub; and **The** **Dining Room** provides a high volume hot food service that will change daily.

The queuing system in The Dining Room – The service has been developed to enable them to serve 1,500+ per service (much greater than Sky 6 at c750) and they have used high volume Micky D’s type service as a guide. As overwhelming as it seems a canteen style of service would not have worked for Sky Central, which will be quadruple in population over the next 3-4 weeks.

Salad bar – The Garden has been developed based on the growing popularity of the Atrium in the Hub. The salads will change daily as they have a dedicated chef to work on this part of service. I’m hoping they will make more of the classics. In my opinion, some of the salads served in the Atrium are way too fussy. I appreciate the amount of thought that goes into providing interesting salads but sometimes all I want in my salad are items that I can pronounce and not have to google!

Live Well initiative  – The increasing health and wellbeing provision for staff is not only a wider business decision endorsed by the Exec, it’s a wider industry focus. The government is changing nutritional guidelines and it’s most certainly what Sky pushing. They have revamped their food services and are promoting health and wellbeing in a big way. You cannot escape it and for me, now there is no excuse because the fruit is in abundance and most importantly it’s free. Ok, ok I get it but I do hope they ensure balance is achieved by including items like chips and heavier carb focussed side orders where appropriate.

Article 6

**Café Society**

Truly awful food, drinks served in dirty glasses. I am still perplexed by how it has managed to stay in business so long. Thankfully there is a lot more choice now and plenty other food places to eat. If you are forced to go (although can’t imagine why you’d put yourself through that ordeal) the least bad option is the chilli burger.

Article 7

**Man v Food**

I walk past this place every day to and from work, so was intrigued to give it a try one lunchtime. It's not in the best location - you could easily miss it. It's near the old Gillette building and a small walk from Syon Lane station.  
  
So, what did I think?  
  
Ambience: Fairly buzzy but reminded me of walking into a Nandos  
  
Staff: Friendly and attentive.  
  
Food: Fairly wide choice and piled high -totally unhealthy. I wish I had ordered a smidgen less because it beat me in the end. I waddled out the restaurant feeling rather stuffed and was thankful for a small walk back.  
  
Note to self: Only go to this place when I am really starving and do not have meeting immediately after.