

FOOD

# MENU

SPRING/SUMMER 2014



In partnership with your school





# Silver Food for Life Catering Mark

Our passion and commitment for using fresh high quality sustainable ingredients, in conjunction with our support of British farmers, has led us to become the **first caterer to have the Food for Life Silver Catering Mark in all primary schools**. The Silver Catering Mark guarantees that we've taken care of the key issues around health, climate change and animal welfare. For example...

- Eggs are free range and Freedom Food certified
- Meat is from farms with high standards of animal welfare
- A significant amount of our ingredients are from British producers
- Organic Yeo Valley yoghurt is available daily
- Menus include Marine Stewardship Council certified fish
- Chicken, turkey, beef and certain vegetables (depending on the time of year) are British Red Tractor
- We use a range of LEAF certified vegetables

## Week 1 w/c 28/4/14, 19/5/14, 16/6/14, 7/7/14, 1/9/14, 22/9/14, 13/10/14

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event	Sausage, Mash and Gravy or Vegetarian Cottage Pie	 Woodland's Mumbai Meatballs (Beef) with Turmeric and Onion Rice and Spicy Tomato Sauce or Mushroom and Sweetcorn Pizza with Potato and Chive Salad	Roast Chicken Drumstick and Gravy with Roast or Herby Potatoes or Cheese and Onion Plait with Roast or Herby Potatoes	<b>Pasta Bar/ Rice Bar:</b> Pasta or Rice Topped with Beef Bolognaise or Pasta or Rice Topped with Tomato or Basil Sauce	 Fish Fingers with Chips or Potato Cake or Spanish Omelette with Chips or Potato Cake
For Pudding	Ice Cream with Summer Fruit Compote	Banana Cake and Custard	Pear and Chocolate Sponge	Spiced Carrot Muffin	Cornflake Tart and Custard

### Served Daily

Fresh Bread Baked On Site

Organic Yeo Valley Yoghurt


Seasonal Vegetables and Salads

Fresh Fruit



## Week 2

w/c 5/5/12, 2/6/14, 23/6/14, 14/7/14, 8/9/14, 29/9/14, 20/10/14

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event	Chicken and Tomato Pasta Bake or Roasted Vegetable Pizza	<b>Jacket Bar/ Pasta Bar:</b> Jacket Potato or Pasta Topped with Chilli Con Carne or Jacket Potato or Pasta Topped with Cheese and Beans or Salmon Salad	Braised Beef Served with Yorkshire Pudding and Roast Potatoes or Mash or Vegetable and Lentil Roast with Roast Potatoes or Mash	 Larmenier's Chock-A-Block Chicken Wrap or Cheese and Tomato Flan with Potato Salad	Breaded Pollack with Chips or New Potatoes or Chickpea Burger with Chips or New Potatoes
For Pudding	Peaches and Ice Cream	Iced Lemon Sponge and Custard	Chocolate Crunch and Chocolate Sauce	Jam Sponge and Custard	Oaty Cookie



## Week 3

w/c 12/5/14, 9/6/14, 30/6/14, 21/7/14, 15/9/14, 6/10/14

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event	Chilli Beef and Pepper Pizza with Half a Jacket Potato or Sweet and Sour Vegetables with Rice	Beef Burger in a Bap with Homemade Tomato Sauce or Vegetable Biryani	Roast Chicken Drumstick and Gravy with Roast or Creamy Mashed Potatoes or Vegetarian Parcel with Roast or New Potatoes	Lasagne (Beef) with Garlic Bread or Macaroni Cheese	 Fish Fingers with Chips or Potato Cake or Chilladas (Lentil Pattie) with Chips or Mash
For Pudding	Ice Cream and Mandarins	Apple Crumble and Custard	Carrot Cake	Chocolate Shortbread with Chocolate Sauce	 Queensway's Sugar and Spice Cookie

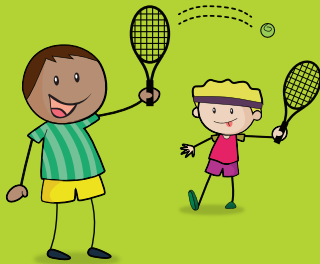
## Nutrition

Our team of Nutritionists work hard to help us meet our commitment of providing school meals that make an important contribution to health.

- **We don't use salt, artificial trans fats or any undesirable food additives in our dishes**
- **Our Nutritionists visit schools and talk to pupils about eating well and keeping active**
- **Our menus meet Government Food and Nutrient Based Standards**
- **Nutrition is at the heart of our menu development ensuring school food is packed with nutrients**

## Food Allergies and Intolerances

If your child has a food allergy, intolerance or other special dietary requirement please do not hesitate to contact your local Eden Foodservice Office. Alternatively you can request the 'Allergies & Intolerances – Referral Form' from your school; all completed forms must be supported with medical referral.



## A word from your Hammersmith and Fulham team

Well done to the Pupil Council at Larmenier and Sacred Heart Catholic Primary School for your fantastic contribution to this menu!

Please note that menus may be subject to local variation



Classroom Cooks is our fantastic new initiative which allows pupils to design dishes to share with pupils across the country.

Classroom Cooks dishes have been created and tested by pupils. Well done to all of you - we were so impressed with your ideas and enthusiasm!

**Larmenier's Chock-A-Block  
Chicken Wrap**  
(Larmenier and Sacred Heart Catholic Primary School, Hammersmith, London)

**Woodland's Mumbai Meatballs in Spicy Tomato  
Sauce with Turmeric + Onion Rice**  
(Woodland Middle School Academy, Flitwick, Bedfordshire)

**Queensway's Sugar and  
Spice Cookie**  
(Queensway RC Primary School, Torquay, Devon)

## Universal Free School Meals

From September 2014 **all Reception, Year 1 and Year 2 pupils are entitled to a free school meal every day.** If your child does not currently have a delicious healthy school meal, what a great time to start!

If you have any questions on our service or would like to enquire about employment opportunities with Eden Foodservice please contact your local office. To check entitlement for free school meals please contact 020 8753 6681

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[www.edenfoodservice.co.uk](http://www.edenfoodservice.co.uk)