

FOOD

# MENU

SPRING/SUMMER 2014




In partnership with your school



Our passion and commitment for using fresh high quality sustainable ingredients, in conjunction with our support of British farmers, 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, pork 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 21/04/14, 12/05/14, 09/06/14, 30/06/14, 21/07/14, 01/09/14, 22/09/14, 13/10/14

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event	Macaroni Cheese or Veggie Mince Cottage Pie (V) or Jacket Potato with Baked Beans with Peas and/or Carrots	Beef Burger in a Bap and Oven Baked Potato Wedges or Vegetarian Sausages and Gravy with Mashed Potato (V) or Tuna Ploughman's with Crunchy Coleslaw and/or Sweetcorn	Roast Chicken and Gravy with Oven Roast or Herby Potatoes or Vegetable Parcel with Oven Roast or Herby Potatoes (V) or Jacket Potato with Egg Mayonnaise with Seasonal Vegetables	Pasta Bolognese or Cheese and Tomato Pizza Wedge (V) or Vegetarian Sausage Ploughman's with Grated Carrots and/or Broccoli Florets	 Fish in Crispy Crumb and Chunky Chips or Potato Salad or Veggie Mince Wrap, Chunky Chips or Potato Salad (V) or Jacket Potato with Cheese with Sweetcorn and/or Baked Beans
For Pudding	Wholemeal Chocolate Cake with Chocolate Sauce	Carrot Cake	Peaches and Ice Cream	Butterscotch Cookie with Fruit Slices	Lemon Sponge

### Served Daily

Fresh Bread Baked On Site

Organic Yeo Valley Yoghurt


Seasonal Salads

Fresh Fruit



## Week 2

w/c 28/04/14, 19/05/14, 16/06/14, 07/07/14, 08/09/14, 29/09/14, 20/10/14

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event	Oven Baked Sausages with Mashed Potatoes <b>or</b> Veggie Mince Lasagne (V) <b>or</b> Jacket Potato with Cheese <b>with</b> Sweetcorn and/or Baked Beans	Chicken and Vegetable Pizza Wedge <b>or</b> Sweet Potato and Lentil Curry with Fluffy Rice (V) <b>or</b> Vegetarian Sausage Ploughman's <b>with</b> Crunchy Coleslaw and/or Peas	Roast Turkey or Pork and Gravy with Oven Roast or Boiled Potatoes <b>or</b> Chickpea Wellington with Oven Roast or Boiled Potatoes (V) <b>or</b> Jacket Potato with Baked Beans <b>with</b> Seasonal Vegetables	Cottage Pie <b>or</b> Macaroni Cheese (V) <b>or</b> Egg Ploughman's <b>with</b> Carrot and/or Broccoli	 Salmon Fish Fingers and Chunky Chips or Potato Cake <b>or</b> Vegetable Grill and Chunky Chips or Potato Cake <b>or</b> Jacket Potato and Tuna <b>with</b> Sweetcorn and/or Peas
For Pudding	Chocolate and Beetroot Brownie	Oaty Cookie with Fresh Fruit Pieces	Arctic Roll	Cornflake Tart with Custard	Fruity Jelly



## Week 3

w/c 05/05/14, 02/06/14, 23/06/14, 14/07/14, 15/09/14, 06/10/14

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event	Margherita Pizza with Oven Baked Potato Wedges <b>or</b> Vegetable Nuggets and Oven Baked Potato Wedges <b>or</b> Jacket Potato with Baked Beans <b>with</b> Peas and/or Crunchy Coleslaw	Meatballs with Rice and Tomato Sauce <b>or</b> Cheese and Onion Plait with Mashed Potato (V) <b>or</b> Cheese Ploughman's <b>with</b> Grated Carrot and/or Sweetcorn	Roast Beef or Chicken and Gravy with Oven Roast or Mashed Potatoes <b>or</b> Lentil Roast with Oven Roast or Mashed Potato (V) <b>or</b> Jacket Potato with Egg Mayonnaise <b>with</b> Seasonal Vegetables	Creamy Chicken and Sweetcorn Puff Pastry Pie With New Potatoes <b>or</b> Veggie Mince Pasta Bolognaise (V) <b>or</b> Tuna Ploughman's <b>with</b> Broccoli Florets and/or Carrots	 Oven Baked Fish Fingers, Chunky Chips or Mashed Potatoes <b>or</b> Vegetarian Sausages, Chunky Chips or Mashed Potatoes (V) <b>or</b> Jacket Potato with Cheese <b>with</b> Baked Beans &/or Sweetcorn
For Pudding	Jam Sponge with Strawberry Sauce	Fruit Jelly and Ice Cream	Chocolate Krispie	Fairtrade Banana Cake with Custard	Crunchy Cookie with Fruit Pieces

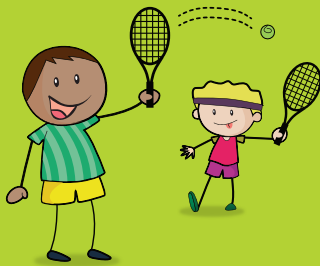
# Nutrition

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 on 01273 818892. Alternatively you can request the 'Allergies & Intolerances – Referral Form' from your school; all completed forms must be supported with medical referral.



## Universal Free School Meals

**From September 2014 all Reception, Year 1 and Year 2 pupils will be able to receive a school meal at no cost to the parent/guardian 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 01273 293497 or apply online at [www.brighton-hove.gov.uk/onlinefreeschoolmeals](http://www.brighton-hove.gov.uk/onlinefreeschoolmeals)

For more information regarding school meals visit [www.brighton-hove.gov.uk/schoolmeals](http://www.brighton-hove.gov.uk/schoolmeals)

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Lower Ground Floor, Queens Park Villa,  
30 West Drive, Brighton BN2 0QW  
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[www.edenfoodservice.co.uk](http://www.edenfoodservice.co.uk)

## A word from your Brighton team

Did you know our waste oil is used to run the Big Lemon buses?