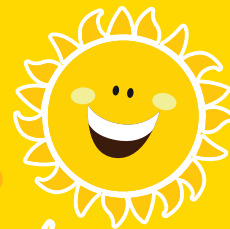


eats.

Our new

SPRING/SUMMER



Menu for 2019



Craig Byford
Food Development Chef

Welcome to the new Spring/Summer Menu for 2019

This new menu has been created with the help of our expert development team. This team is made up of our Heads of Kitchen from various schools across all regions who all bring a wealth of knowledge and experience. We have also taken on board feedback from parent, pupil and school surveys and used this information when developing this new offering.

We have some healthy new dishes and old favourites on the new Spring/Summer menu.

The new dishes are Chicken Pie in Gravy served with a separate pastry topping, Spring Vegetable Frittata and a Fruit Swirl Cake. We welcome back some popular favourites including the Pork and Apple Burger and Smokey Joe Chicken.

The focus on reducing sugar continues with our desserts. 'Fruity Thursdays' have proved popular and we have now moved this to a Friday instead. The choice of fresh fruit salad, fruit jellies and fruit flavoured yoghurt remains. Hopefully these recipes will prove to be as popular as ever, with the added health benefits of less sugar. Any feedback please email info@eats-catering.co.uk

PeasPlease

Making a pledge for more veg

eats will be playing our part in increasing vegetable consumption in the UK, by pledging to develop our menus to ensure that a minimum six varieties of vegetables and salads are available each week on our menus.

We've already made great strides in reducing sugar and salt across our primary menus – including using vegetables like beetroot and parsnip as natural sweeteners. Signing up to this national initiative provides us with the perfect opportunity to encourage children and young people to eat more vegetables. For further information visit: <https://foodfoundation.org.uk/peasplease/>

Menu Changes

Please refer to your school website for any eats menu changes, these changes will be made due to school and pupil preferences.

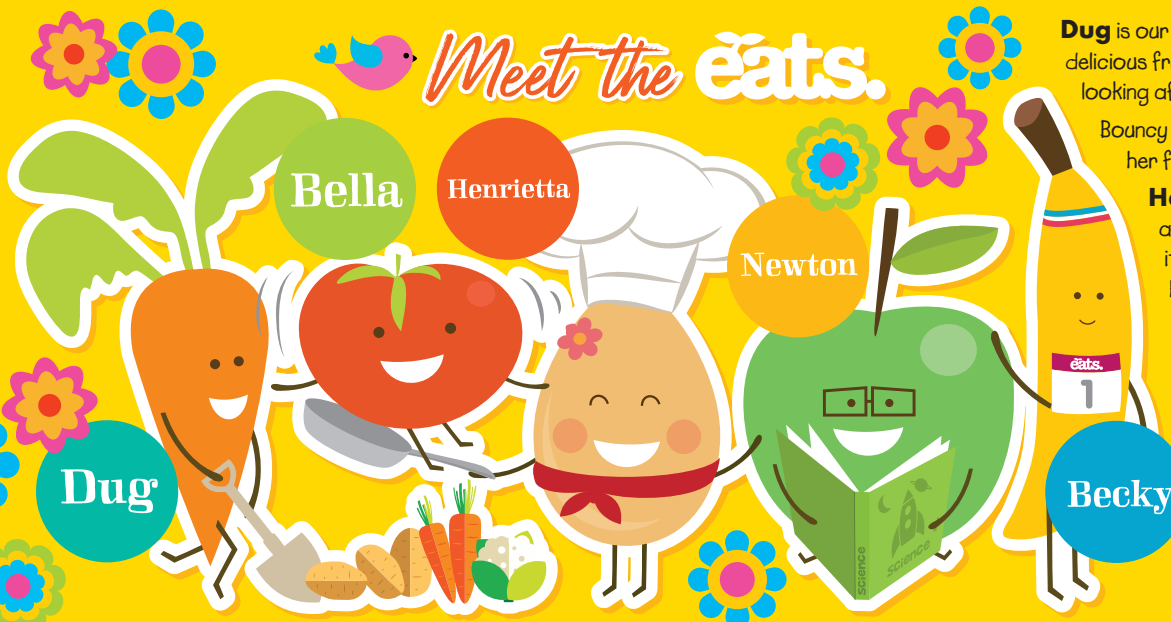
Allergen Information

If your child has an allergy or food intolerance, please speak to the Head of Kitchen in your school who will discuss with you a range of alternative dishes to accommodate their dietary needs.

Promotions

Check out your School's website for upcoming promotions and theme days.

Meet the eats.



Dug is our down to earth champion for growing delicious fruit and vegetables and protecting and looking after the environment.

Bouncy **Bella** loves to amaze her friends with her fun food facts and jokes.

Henrietta is a whizz in the kitchen and a little bit of an egghead when it comes to cooking and promoting healthy eating.

Newton is the brains of the bunch, sharing educational facts on nutrition and the science behind the food we eat.

Everyone knows that bananas are full of energy! **Becky** likes nothing better than playing sports with her friends and keeping active.

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Week 1

Week One commencing:

22nd April, 13th May, 10th June,
1st July, 22nd July,
16th September, 7th October

Monday

Margherita Pizza
or
Pasta Spirals in Tomato Sauce
with Garlic Bread

Side Salad or
Peas & Sweetcorn

100% Fruit Ice Lolly

Low
SUGAR

Tuesday

Pork & Apple Burger in a Bun
or
Southern Style Quorn Burger in a Bun

Baked Potato Wedges
Mixed Vegetables

Oat Cookie & Fresh Fruit Wedge

Low
SUGAR

Thursday

Roast Loin of Pork with
Stuffing & Gravy
or
Cheese & Potato Pie

Roast Potatoes
Cabbage & Carrots

Raspberry Apple Cake & Custard

Wednesday

Chicken & Gravy Pie with
Diced Potatoes
or
Vegetarian Bolognaise & Pasta

Peas & Carrots

Chocolate Brownie
& Vanilla Ice Cream

NEW

NEW

Friday

Crispy Baked Fish fillet
or
Vegetarian Hotdog Roll

Chips
Baked Beans & Garden Peas

Fruity Friday – A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

Low
SUGAR

Available every day –

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration - a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch – see school's website for details

For information on allergens & intolerances visit www.eats-catering.co.uk

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Week 2

Week Two commencing:

24th April, 20th May, 17th June,
8th July, 2nd September,
23rd September, 14th October

Monday

Macaroni Cheese
or
Vegetarian Toad-in-the-Hole & Gravy

Herb Diced Potatoes
Peas & Sweetcorn

Lemon Drizzle Sponge

Tuesday

Chicken Meatballs in
Tomato Sauce with Rice
or
Vegetable Frittata with Homemade
Tomato Bread

Broccoli & Carrots

Fruit Cheesecake

NEW

Thursday

Roast Chicken with
Stuffing & Gravy
or
Cauliflower & Broccoli Bake

Roast Potatoes
Cabbage & Carrots

Flapjack & Custard

Friday

Crispy Baked Fish Fillet
or
Vegan Nuggets

Crispy Chips
Baked Beans & Garden Peas

Fruity Friday – A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

Low
SUGAR

Wednesday

Pasta Bolognese
or
Jacket Potato with Beans,
Tomato & Cheese

Side Salad
Sweetcorn & Green Beans

Chocolate Crunch & Chocolate Sauce

NEW

Available every day –

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration – a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch – see school's website for details

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Week 3

Week Three commencing:

6th May, 3rd June, 24th June,
15th July, 4th September,
30th September

Monday

Tomato & Cheddar Pizza Whirl
or
Salmon & Sweet Potato Fishcake

Herb Diced Potatoes
Mixed Vegetables

Fruit Swirl Cake

Tuesday

Baked Sausages with
Mashed Potato & Gravy
or
Quorn & Vegetable Paella

Carrots & Peas

Strawberry Mousse & Shortbread

NEW

Thursday

Roast Beef with
Yorkshire Pudding & Gravy
or
Vegetarian Sausage 'Under Wraps' &
Gravy

Roast Potatoes
Broccoli & Carrots

Raspberry Ripple Ice Cream Pot

Low
SUGAR

Wednesday

Smokey Joe Chicken
or
Tomato & Cheddar Quiche

New Potatoes
Green Beans & Sweetcorn

Oaty Apple Crumble & Custard

Low
SUGAR

Friday

Crispy Baked Fish Fillet
or
Crunchy Vegetable Fingers

Oven Baked Chips
Baked Beans & Garden Peas

Fruity Friday – A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

Low
SUGAR

Available every day –

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration – a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch – see school's website for details

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