

eats.

Our new

AUTUMN/WINTER

Menu for 2018/19



Welcome to the new Autumn/Winter Menu for 2018/19

This menu has been created with the help of our menu development team. This team is made up of our Head of Kitchens from various schools across all regions who 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 menu.

We have some new dishes & old favourites on the new Autumn/Winter menu.

The new dishes are Beef & Tomato Grill in a Homemade Bun, Mild Chicken Tikka, Rice & Naan Bread and Cheesy Vegetable & Lentil Bake. We also have some exciting new desserts including Raspberry Apple Cake, Low Sugar Brownie & Fruity Thursdays.

29% Sugar Reduction

Vertas have continued to work behind the scenes to reduce the sugar content of our desserts; Since 2016 we have successfully managed to trim a whopping 29% out of our dessert recipes. This equates to 3.5 double-decker buses.



The Governments Childhood Obesity plan launched in August (2016) challenged all sectors of the food industry to reduce the sugar content by 20% by 2020.

Promotions

Check out your schools website for upcoming promotions and theme days.



Is your child entitled to a free school meal?

Any child in reception, year 1 and year 2 is entitled to a free school meal each day. Speak to your school to find out how to register. Also if you are in receipt of certain benefits your child may be also eligible for a free school meal.

Are you the missing ingredient?

eats is part of a multi-service facilities management organisation with people at its heart. Our services are broad and include Catering, Grounds, Cleaning and many more. If you are looking for a job, and are passionate about offering a quality service we want to hear from you. If you are seeking a new opportunity and want to join an innovative and exciting company please visit vertas.co.uk/careers or for more information contact Becki Bradfield careers@vertas.co.uk or call on 01473 264469

Your feedback is important to us and will assist in planning our next menu. Please send your feedback on the following website: eats-catering.co.uk



eats.

Week 1

Week One commencing:

24th October, 14th November, 10th December,
7th January 2019, 28th January 2019,
25th February 2019, 18th March 2019

Monday

Sweet Potato & Salmon Fishcake
or
Cheese & Tomato Pizza Whirl

Herb Diced Potatoes
Cauliflower & Carrots

Raspberry Apple Cake

Low
SUGAR

Tuesday

Beef Lasagne & Garlic Bread
or
Vegetable Crumble & Garlic Bread

Peas & Carrots

Macaroon Tart

NEW

NEW

Thursday

Roast Loin of Pork, Stuffing & Gravy
or
Vegetarian Toad-in-the-Hole & Gravy

Roast Potatoes
Carrots & Cabbage

Fruity Thursday – A choice of Fruit Jelly,
Fruit Yoghurt or Fresh fruit

Low
SUGAR

NEW

Wednesday

Chicken Meatballs with Tomato Sauce
& Steamed Rice or Pasta

or
Carrot & Leek Cheese Slice

Broccoli & Sweetcorn

Apricot Layer Shortbread

NEW

NEW

Low
SUGAR

NEW

Friday

Crispy Baked Fish fillet
or
Vegan Chicken Style Nuggets

Oven Baked Chips
Baked Beans & Garden Peas

Vanilla & Chocolate Crunch

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 schools website for details
For information on allergens & intolerances visit www.eats-catering.co.uk

eats.

Week 2

Week Two commencing:

5th November, 26th November, 17th December,
14th January 2014, 4th February 2014,
4th March 2014, 25th March 2014

Monday

Italian Tomato Pasta
with Cheesy Garlic Slice
or
Mac n' Cheese with Wholemeal Bread

Sweetcorn & Broccoli

Eve's Pudding with Custard

NEW

Tuesday

Lamb & Potato Bake
or
Cauliflower & Sweet Potato Bake

Carrots & Peas

Strawberry Whip with a
Mini Shortbread Biscuit

NEW

Thursday

Roast Chicken, Stuffing & Gravy
or
Vegetarian Sausage 'Under Wraps'
& Gravy

Roast Potatoes
Carrots & Cabbage

Fruity Thursday – A choice of Fruit Jelly,
Fruit Yoghurt or Fresh fruit

NEW

**Low
SUGAR**

Wednesday

Beef & Tomato Grill in a Homemade Bun
with Jacket Wedges
or
Vegetable Enchilada with Steamed Rice

Mixed Vegetables

Jam Roly Poly & Custard

NEW

**Low
SUGAR**

Friday

Crispy Baked Fish Fillet
or
Crunchy Vegetable Fingers

Oven Baked Chips
Baked Beans & Garden Peas

Chocolate Brownie

**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 schools website for details
For information on allergens & intolerances visit www.eats-catering.co.uk

eats.

Week 3

Week Three commencing:

12th November, 3rd December, 31st December,
21st January 2014, 11th February 2014,
11th March 2014, 1st April 2014

Monday

NEW

Crunchy Quorn Burger
with Herb Diced Potatoes
or
Loaded Jacket Potato with Tomato,
Baked Beans & Cheddar Cheese

Peas & Sweetcorn

Cocoa & Vanilla Marble Sponge

Tuesday

Local Pork Sausages,
Mashed Potato & Gravy
or
Cheesy Lentil & Parsnip Bake

NEW

Carrots & Green Beans

Apple & Blackberry Crumble
with Custard

Thursday

Roast Beef, Yorkshire Pudding & Gravy
or
Vegetarian Shepherdess Pie

Roast Potatoes
Carrots & Cabbage

Fruity Thursday – A choice of Fruit Jelly,
Fruit Yoghurt or Fresh fruit

Low
SUGAR

NEW

Wednesday

NEW

Mild Chicken Tikka with Steamed Rice
& Naan Bread
or
Vegetable Lasagne

Broccoli & Sweetcorn

Carrot, Orange & Banana Cake
with Custard

Friday

Baked Fish Fingers
or
Quorn Hot Dog

Oven Baked Chips
Baked Beans & Garden Peas

Chocolate Coconut Tart

Low
SUGAR

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 schools website for details
For information on allergens & intolerances visit www.eats-catering.co.uk