

## Dear Parent/Guardian

Please find the menu at your child's school on the reverse of this leaflet. We really hope they enjoy eating our lunches and you can be assured that they are full of nutritional goodness. We are very proud to have achieved the Silver Food For Life Served Here award for the following reasons:

- ✓ Our food is freshly prepared on site.
- ✓ We use local and seasonal produce.
- ✓ All our eggs are certified as free-range, and we hold the Good Egg award from Compassion in World Farming.
- ✓ We use fresh meat from a wholesale butcher, and it is farm-assured as a minimum.
- ✓ We are fully certified by the Marine Stewardship Council (MSC), meaning our fish comes from sustainable stocks, and does not contribute to over fishing.
- ✓ A selection of organic ingredients are used to prepare fresh meals: supporting a system which provides animals with a better quality of life and encourages biodiversity. Our Yeo Valley Yogurts, milk, oats, baked beans, wholemeal flour and tinned tomatoes are all certified organic.
- ✓ All our menus meet the Government Nutrition Standards and we can cater for medically confirmed special diets.
- ✓ We have been awarded the Good Dairy Commendation from Compassion in World Farming.
- ✓ Our disposable goods are recycled/fully compostable.

## School meals are good value!

A school lunch includes a freshly prepared meal with a dessert, a drink and unlimited visits to the salad bar and can cost less than a cup of coffee from a coffee shop chain. In addition a healthy, balanced meal is great for energy and vital for a child's health and development. Research has shown a school meal helps pupils concentrate in their lessons therefore enhancing learning.



## Free School Meals: What You Need To Know

All pupils in Reception, Year 1 or Year 2 are able to receive a school meal at no cost to the parent or guardian. School meals in Enfield are healthy, tasty, social and fun. Choosing a school lunch for your child/children will help save you approximately **£400** per child, per year if you take up the offer.

It is really important that you still register your child as eligible for Free School meals even in Reception, Year 1 or Year 2 – to ensure the school receives extra funding for your child's education ("The Pupil Premium").

Please ask at your child's school office, or call Pupil Benefits on **020 8379 5367** if you haven't already registered.



## What about my children in years three to six?

If your family receives certain benefits or is on a low income, your other children in years three to six could also be eligible for a free school meal. It costs nothing to apply but could save you money and the school receives the extra funding for your child's education. To find out if you qualify, and how to apply, either:

- Ask at your child's school
- Visit [www.enfield.gov.uk](http://www.enfield.gov.uk)
- Call the Pupil Benefit Helpline on **0208 379 5367** or email [Freeschoolmeals@enfield.gov.uk](mailto:Freeschoolmeals@enfield.gov.uk)

## Contact us

For more information about school meals

Email: [enfield.catering.services@enfield.gov.uk](mailto:enfield.catering.services@enfield.gov.uk)

Visit: [myschoollunch.co.uk/enfield](http://myschoollunch.co.uk/enfield)

Follow us on Facebook: 'Enfield School Meals'

Follow us on Twitter: @EnfieldCatering

# School Food

## Menu Information

Never underestimate the importance of good food at lunchtime



## Autumn/Winter 18/19

### Menu B



Enfield Catering Services  
Dedicated to food, health and education

Enfield School Meals  
Enfield Catering  
[www.myschoollunch.co.uk/enfield](http://www.myschoollunch.co.uk/enfield)





# School Lunch Menu Autumn/Winter 2018/19

## Week 1

### MONDAY

Mama's Meatballs & Pasta with Linda McCartney Pasta Bolognese (V)  
**Cold Option:** Cheese & Tomato Sandwich (V)  
 Mixed Vegetables  
 Organic Yeo Valley™ Fruit Yogurt

### TUESDAY

Texas Cowboy Chilli with Rice Potato & Onion Frittata (V)  
**Cold Option:** Tuna & Cucumber High Fibre Roll  
 Garden Peas & Cauliflower  
 Fresh Fruit Salad

### WEDNESDAY

Sticky Chicken Drumstick & Gravy  
 Homemade Lentil & Vegetable Roast (V)  
**Cold Option:** Chicken Mayo & Sweetcorn High Fibre Roll  
 Carrots & Garden Peas  
 Roast Potatoes  
 Carrot Cake

### THURSDAY

Chicken Paprikash, with Rice Macaroni Cheese with Homemade Bread (V)  
**Cold Option:** Cheese Salad Sandwich (V)  
 Mixed Vegetables  
 Chocolate Sponge with Chocolate Sauce

### FRIDAY

Harry Ramsden™ Lemon Crumb Salmon  
 Margherita Pizza (V)  
**Cold Option:** Egg Mayo High Fibre Roll (V)  
 Heinz™ Baked Beans, Sweetcorn & Oven Chips  
 Beechdean™ Raspberry Ripple Ice Cream Pots

## Week 2

### MONDAY

Roasted Sausages with Mash & Gravy  
 Linda McCartney™ Vegi Sausages with Mash & Gravy (V)  
**Cold Option:** Tuna & Cucumber High Fibre Roll  
 Garden Peas & Sweetcorn  
 Organic Yeo Valley™ Fruit Yogurt

### TUESDAY

Piri Piri Chicken Drumstick with Sunshine Rice  
 Cheese & Potato Pie (V)  
**Cold Option:** Cheese & Tomato Sandwich (V)  
 Garden Peas & Cauliflower  
 Fresh Fruit Salad

### WEDNESDAY

Roast Norfolk Turkey & Gravy Quorn™ Roast (V)  
**Cold Option:** Chicken Mayo & Sweetcorn High Fibre Roll  
 Carrots & Garden Peas  
 Roast Potatoes  
 Banana Cake

### THURSDAY

Classic Chicken & Mushroom Pie with Mash  
 Veggie Moussaka (V)  
**Cold Option:** Cheese Salad Sandwich (V)  
 Sweetcorn & Green Beans  
 Jam sponge & Custard

### FRIDAY

Harry Ramsden™ MSC\* Fish Fillet  
 Margherita Pasta Bake (V)  
**Cold Option:** Egg Mayo High Fibre Roll (V)  
 Heinz™ Baked Beans, Sweetcorn & Oven Chips  
 Chocolate Cracknel

## Week 3

### MONDAY

Nasi Goreng (Singapore Rice) (V)  
 Quorn™ Frankfurter Bake (V)  
**Cold Option:** Cheese & Tomato Sandwich (V)  
 Sweetcorn & Baby Carrots  
 Organic Yeo Valley™ Fruit Yogurt

### TUESDAY

Nonna's Lasagne & Homemade Crusty Bread  
 Roasted Vegetable and Feta Pasta (V)  
**Cold Option:** Tuna & Cucumber Sandwich  
 Green Beans & Cauliflower  
 Fresh Fruit Salad

### WEDNESDAY

Hertfordshire Roast Chicken Drumstick & Gravy  
 Linda McCartney™ Stromboli (V)  
**Cold Option:** Chicken Mayo & Sweetcorn High Fibre Roll  
 Mixed Vegetables  
 Roast Potatoes  
 Golden Flapjack made with Organic Oats

### THURSDAY

Chicken Masala & Steamed Rice  
 Cheese Flan with Diced Potatoes (V)  
**Cold Option:** Cheese Salad Sandwich (V)  
 Broccoli & Baby Carrots  
 Apple Crumble made with Organic Oats & Custard

### FRIDAY

Beef/Lamb Burger in a Bun  
 Veggie Burger in a Bun (V)  
**Cold Option:** Egg Mayo High Fibre Roll (V)  
 Heinz™ Baked Beans, Garden Peas & Oven Chips  
 Chocolate Ice Cream Tub

**Available Daily - Unlimited Salad Bar** with a variety of salads including Greek salad, coleslaw, tomatoes, cucumber, carrot and sultana, pasta salad and potato salads.

We do a range of wholemeal, white & homemade breads. Drink of the day (water, organic milk or fruit juice) and fresh fruit available daily.

\*Our Fish is sustainable and MSC-certified (Marine Stewardship Council). All our eggs are free-range and our meat is Farm-Assured as a minimum.

**Jacket Potato** offered daily with a choice of fillings.

