



FOOD
FARM



eden

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Delicious Desserts

Our new menu includes a range of homemade desserts that not only taste great, but have been carefully developed by our Executive Chef to reduce the amount of sugar and include ingredients rich in essential nutrients such as wholegrain cereals, fruits and even vegetables. Look out for the symbols on the menu!

Classroom Cooks

We have been extremely impressed with our mini menu developers! Pupils at two schools have done a fantastic job creating Classroom Cooks dishes which we hope everyone will love as much as we do. Look out for the Classroom Cooks symbol on your menu.

St Mary's Fruit Squiggle Cake

St Mary's Catholic Primary School,
Dunstable, Bedfordshire

Fairlight's BBQ Chicken with Special Rice and Spicy Sauce

Fairlight Primary School, Brighton

Food Allergies and Intolerances

As members of the Anaphylaxis Campaign, Eden are dedicated to supporting pupils with allergies and intolerances to enjoy school meals with their friends. 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.

Free School Meals

All Reception, Year 1 and Year 2 pupils are entitled to a school meal free of charge every day. If your child does not currently have a delicious healthy school meal what a great time to start! If you are in receipt of certain benefits your child may be eligible for a free school meal.

A Word from your Local Team

We are very passionate about the food we serve to your children and proud of its quality. Our fruit and vegetable supplier, Total Produce, is based in Cornwall and our free range eggs come from St Ewe Farm in Truro, our organic yoghurt comes from Yeo Valley Family Farm in the South West and all our meat is British Red Tractor.

Autumn / Winter Menu 2015/16

with **The Greens**





If you have any questions on our service or would like to enquire about employment opportunities with Eden Foodservice please contact your local office. Eden Foodservice, Unit 9, City Business Park, Easton Road, Bristol, BS5 0SP. Tel: 0845 6030463 Fax: 0845 6030464 www.edenfoodservice.co.uk. To check entitlement for free school meals please contact <https://www.cornwall.gov.uk/schoolmeals> or your school office.




Welcome to the new Autumn/Winter menu, we hope that you will find lots of tasty options for your child to enjoy each day! Your school catering team take pride in using **fresh, seasonal, high quality ingredients to cook dishes from scratch**. Did you know our pizza bases are prepared in the kitchen and contain wholemeal flour and a blend of 6 different fresh vegetables?



Our Chefs and Nutritionists have created **nutritionally enhanced recipes** to offer a great balance of nutrients for your child, including:

 These desserts contain at least half a portion of fruit, to help pupils on their way to achieving their 5 A DAY!

 These dishes contain an extra half portion of vegetables to increase fibre, folate, vitamin A and vitamin C.

 These dishes include wholegrain ingredients to offer pupils a great source of fibre for healthy digestion.



Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 02/11/15, 23/11/15, 14/12/15, 18/01/16, 08/02/16, 07/03/16				
 Chicken and Tomato Pizza	 Meatballs with Tomato Sauce and Pasta	Free Range Loin of Pork with Apple Sauce, Gravy and Roast or Mash Potato	 Cottage Pie with Gravy	 Breaded Haddock Fillet with Chips or Pasta Twists
 Veggie Burger in a Roll with Redslaw	Cheese Puff with Mash Potato	 Vegetarian Parcel with Gravy and Roast or Mash Potato	Jacket Potato Topped with Beans or Cheese	 Vegetable Curry with Chips or Fluffy Rice
 Apple Crumble with Custard	 Oat Crunchie with Fruit Wedges	 Fruity Jelly	 Chocolate Cake with Chocolate Sauce	 Butterscotch Traybake

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2 09/11/15, 30/11/15, 04/01/16, 25/01/16, 22/02/16, 21/03/16				
Sausages with Mash and Onion Gravy	 Steak and Vegetable Hotpot with Gravy	Roast Chicken Breast with Stuffing and Gravy with Roast or Mash Potato	 Lasagne with Garlic Bread	 Cod Fillet Fishfingers or MSC Salmon Fishfingers with Chips or Pasta Twists
 Mexican Wrap with Fluffy Rice	 Cheese and Tomato Pizza with Potato Cake	 Vegetable Crumble with Roast or Mash Potato	Jacket Potato Topped with Beans or Cheese	 Vegetable Sausages with Chips or Pasta Twists
 Fruit Pie with Custard	 Custard Biscuit with Fruit Wedges	Chocolate and Orange Cheesecake	 Carrot Cake	 Flapjack
WEEK 3 16/11/15, 07/12/15, 11/01/16, 01/02/16, 29/02/16				
 Minced Beef and Onion Pie with Mash and Gravy	 Fairlight's BBQ Chicken and Special Rice	Roast Topside of Beef with Yorkshire Pudding, Gravy with Roast Potatoes or Mash	 Spaghetti Bolognese with Garlic Bread	 Cod Fillet Fishfingers with Chips or Pasta Twists
 Vegetable Cottage Pie and Gravy	 Macaroni Cheese with Tomato Bread	Vegetarian Toad in The Hole with Gravy and Roast or Mash Potato	Jacket Potato Topped with Tuna Mayonnaise or Beans	 Cheesy Courgette Sausages with Chips or Pasta Twists
 Chelsea Bun	 Shortbread with Fruit Wedges	Strawberry Mousse	 Rice Pudding with Peach Sauce or Raisins	 St Mary's Fruit Squiggle Cake
Served Daily Freshly Baked Bread Seasonal Vegetables/Salads Fresh Fruit Organic Yeo Valley Fruit Yoghurt				