



The new School Food Standards focus on variety and your new menu offers an exciting range of different fruits, vegetables, grains, pulses and types of meat and fish.

Our menu development team have created **nutritionally enhanced recipes** to offer a great balance of nutrients for pupils, including:



Desserts which contain at least 50% fruit, to help pupils on their way to achieving their 5 A DAY!



Dishes which contain extra vegetables to increase provision of fibre, folate, vitamin A and vitamin C.



Dishes which contain wholegrain ingredients to offer pupils a great source of fibre for healthy digestion.

CLASS ROOM
COOKS



FOOD
FARM

eden

Spring / Summer Menu 2015

FOOD
FARM

Classroom Cooks

Classroom Cooks dishes have been created, tested and evaluated by pupils.

You all did a fantastic job and impressed us with your creativity, food knowledge and enthusiasm!

Mawnan's Mexican Quesadilla

(Mawnan CE DA Primary School, Falmouth, Cornwall)

Savile Park's Spicy Shepherd's Pie

(Savile Park Primary School, Halifax)

Whitleigh's Wicked Chicken

(Whitleigh Community Primary School, Plymouth, Devon)

Food Allergies and Intolerances

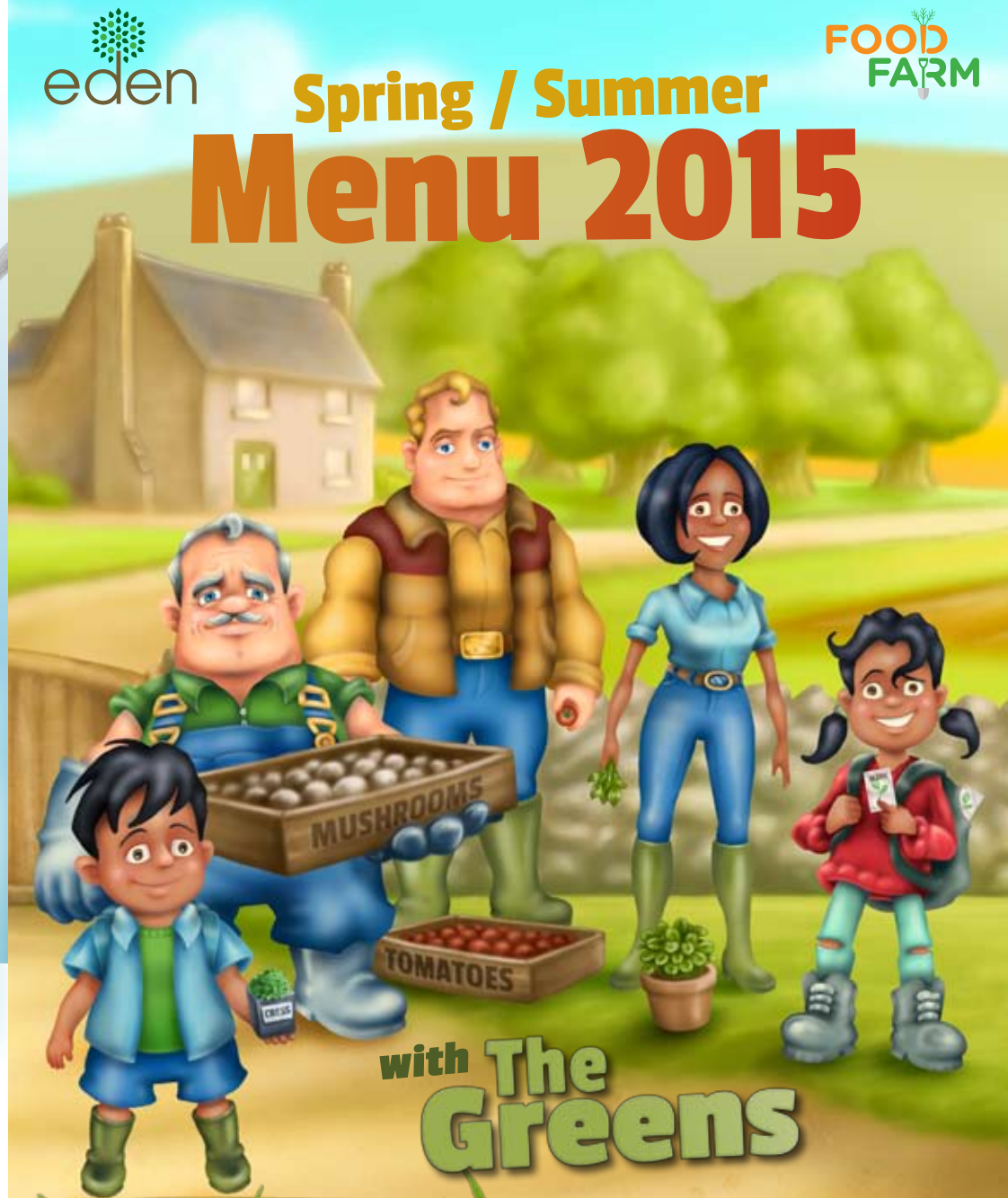
If your child has a food allergy, intolerance or other special dietary requirement please do not hesitate to contact your local Eden Office. Alternatively you can request the 'Allergies & Intolerances - Referral Form' from your school; all completed forms must be supported with medical referral.

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 proud to share with you our new menu for Cornwall and to let you know this now has the prestigious Gold Food for Life Catering Mark award! Please also look out for the tasty Mawnan's Mexican Quesadilla on the menu - this recipe was created and named by the children at Mawnan Primary School here in Cornwall.





Forrest

Forrest has a thorough knowledge of how soil nourishes plants, to grow the healthiest, tastiest, most nutritious crops.

Ray

Ray is valued on the farm for his expertise in how the sun affects food growth.

Brooke

Brooke has a special knowledge of water, and its impact on food growth.

Faith

Faith has a real social conscience and always considers others.

Miles

Miles loves to read and has an astonishing insight into different cultures and geography.

Using their own super strength, our farming family will help

inform and inspire

pupils on a whole range of subjects such as growing, food, health and cooking.

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 w/c 13/04/15, 04/05/15, 25/05/15, 15/06/15, 06/07/15, 14/09/15, 05/10/15				
Hot Dogs with Onions, Homemade Ketchup and Mash Potato	Deep Pan Meat Feast Pizza	Aged Topside of Roast Beef with Yorkshire Pudding and Gravy with Roast or Mash Potatoes	Mild Chicken Curry with Fluffy Rice	Cod Fillet Fish Fingers or MSC Salmon Fish Fingers with Chips or Pasta Twists
Vegetable Chow Mein with Noodles (V)	Mawnan's Mexican Quesadilla with Fluffy Rice (V)	Vegetarian Cottage Pie with Herb Bread (V)	Jacket Potato topped with Beans or Cheese (V)	Leek and Cheese Quiche served with Chips or Pasta Twists
Red Velvet Muffin	Apple Flapjack with Custard	Vanilla Ice Cream with Chocolate Sauce	Fruity Jelly	Chocolate Orange Fudge Cake

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2 w/c 20/04/15, 11/05/15, 01/06/15, 22/06/15, 13/07/15, 21/09/15, 12/10/15				
Saville Park's Spicy Shepherds Pie with Tomato Bread	Chicken Wrap with Oven Roasted Sweet Potato	Roast Turkey Breast and Stuffing and Gravy with Roast or Mash Potatoes	Beef Lasagne with Garlic Bread	Breaded Haddock Fillet with Chips or Pasta Twists
Cheese and Tomato Pizza (V)	Macaroni Cheese with Herb Bread (V)	Vegetable and Bean Hot Pot with Roast or Mash Potatoes (V)	Jacket Potato topped with Beans or Vegetable Curry (V)	Sweet Potato and Lentil Curry with Chips or Fluffy Rice (V)
Toffee Crispy	Custard Biscuit with Fruit Wedges	Strawberry Ice Cream with Fruity Sauce	Mandarin Cheesecake	Chocolate Brownie
WEEK 3 w/c 27/04/15, 18/05/15, 08/06/15, 29/06/15, 07/09/15, 28/09/15, 19/10/15				
Chicken Breast Fillet in a Bun with BBQ Sauce and Cucumber Relish	Pasta Bolognese with Garlic Bread	Roast Free Range Loin of Pork with Apple Sauce and Gravy with Roast or Mash Potatoes	Whitleigh's Wicked Chicken served with Savoury Rice	Cod Fillet Fish Fingers with Chips or Pasta Twists
Butternut Squash and Sweet Potato Enchiladas (V)	Roasted Vegetable Pizza (V)	Cheesy Lentil Wedge with Roast or Mash Potato (V)	Jacket Potato topped with Tuna Mayonnaise or Beans	Vegetarian Sausages with Chips or Pasta Twists (V)
Shortbread with Apple Slices	Chocolate Sponge with Chocolate Sauce	Vanilla Ice Cream with Fruity Sauce	Fruit Jelly Delight	Chocolate Krispie
Served Daily Freshly Baked Bread Seasonal Vegetables/Salads Fresh Fruit Organic Yeo Valley Fruit Yoghurt				