



Eat Well Live Well

Eden's Eat Well Live Well Strategy outlines our approach to nutrition to **support pupils to establish a varied and balanced diet for life.**

- We work closely with our suppliers to **source nutritionally preferable ingredients** which are **lower in saturated fat, sugar and salt.**
- We **do not use salt, hydrogenated oil or any undesirable additives** in our recipes.
- We **add extra fruits, vegetables and wholegrain ingredients to our dishes** to increase their nutritional profile - look out for the symbols on the menu!
- The **menu meets the Government School Food Standards**, offering a variety of foods across the week.
- Our **Nutritionists and Chefs regularly visit schools** to carry out educational workshops about food, cooking, nutrition and health.

Classroom Cooks & Back To Your Roots

Well done to all of our mini menu developers who have created some truly fantastic dishes for your child to enjoy.

Our Chefs and Nutritionists were very impressed with your love of good food and understanding of the benefits of eating well. This menu includes a dish created as part of our Back to your Roots initiative; a unique initiative developed by Eden which brings growing, cooking and nutrition into school culture. Look out for the Back to your Roots symbol on the menu!

St Vincent's Crispy Mix-Up Chicken Wrap
St Vincent's Catholic Primary School,
Houghton Regis, Bedfordshire

Fonthill's Ice Cream & Fantastic Funky Fruit Salsa
Fonthill Primary School, Southmead, Bristol

St Peter and St Paul's Turbo Chicken
St Peter and St Paul Catholic Primary Academy,
Orpington, Kent

UNIVERSAL INFANT FREE SCHOOL MEALS

Don't forget that all Reception, Year 1 and Year 2 pupils can enjoy a school meal without charge every day

FREE SCHOOL MEALS - LOW INCOME

Are you missing out?
To check free school meal entitlement contact
www.cornwall.gov.uk/schoolmeals
or your school office.

A WORD FROM YOUR LOCAL TEAM

We pride ourselves on serving tasty, healthy, homemade food that children like - if you have any ideas for recipes that you think should be included in our next menu please let us know, we would love to hear from you!

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.

CONTACT US

If you have any questions on our service, or would like to enquire about employment opportunities with Eden, please contact your local office:

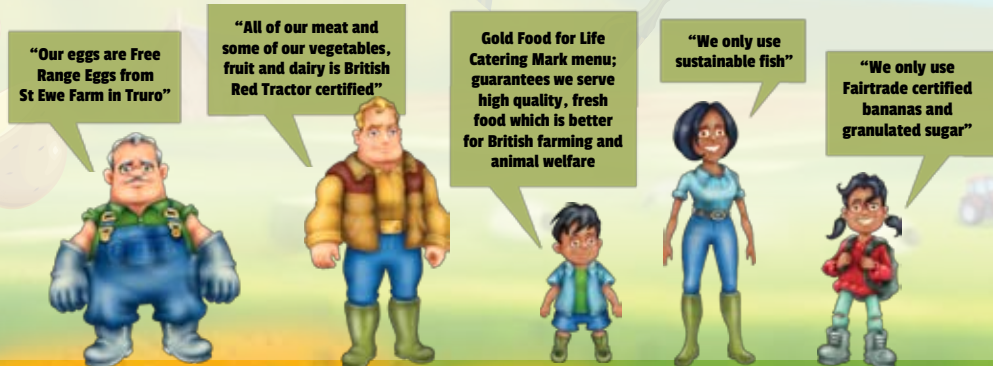
Eden Foodservice, Unit 9, City Business Park,
Easton Road, Bristol, BS5 0SP.
Tel: 0845 6030463 Fax: 0845 6030464

Spring / Summer Menu 2016

with **The Greens**



We are delighted to welcome you to the new Spring/Summer menu, which we hope your child will love as much as we do! We continue to put **quality at the heart of our food offer, whilst not forgetting to support our British farmers.** To make sure every dish we serve tastes great, **our Chefs have re-tested almost 200 dishes** for the Spring/Summer menus to guarantee recipes are of the highest standard. The Development Team would **love to hear your feedback on our menus**, so please email us at info.eden@interserve.com



Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 w/c 11th April, 2nd May, 23rd May, 20th June, 11th July, 12th September, 3rd October				
Tuna Pasta Bake with Tomato Bread Cheese and Tomato Pizza with Roasted Potato Wedges Peas Sweetcorn	Chicken in a Roll with Homemade Tomato Relish and Roasted Potato Wedges Macaroni Cheese with Herb Bread Broccoli Leeks	Roast Topside of Beef with Yorkshire Pudding and Gravy with Roast or Mash Potato Summer Vegetable Crumble with Gravy and Roast or Mash Potato Carrots Cauliflower	Sausage Roll with Mash Potato Jacket Potato with a Choice of Fillings Peas Coleslaw	Cod Fillet Fishfingers with Homemade Tomato Sauce and Chips or Pasta Twists Vegetarian Sausages with Homemade Tomato Sauce and Chips or Pasta Twists Baked Beans Sweetcorn
Apple Sponge with Custard	Chocolate Marble Sponge with Chocolate Sauce	Vanilla Ice Cream with Fruity Sauce	Chocolate Shortbread	Flapjack and Fruity Friday

Served Daily	Freshly Baked Bread	Seasonal Salads	Fresh Fruit	Organic Yeo Valley Yoghurt
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Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2 w/c 18th April, 9th May, 6th June, 27th June, 18th July, 19th September, 10th October				
St Vincents Mix Up Chicken Wrap with Roasted Vegetable Rice Cheese Whirl with New Potatoes Barbecue Beans Coleslaw	Beef and Tomato Pizza with Herb Potatoes Sweet Potato and Chickpea Curry with Fluffy Rice Sweetcorn Peas	Roast Pork and Apple Sauce with Gravy and Roast or Mash Potato Vegetarian Parcel and Gravy with Roast or Mash Potato Spring Cabbage Carrots	Pasta Bolognese with Garlic Bread Jacket Potato with a Choice of Fillings Peas Coleslaw	Breaded Haddock Fillet with Homemade Tomato Sauce and Chips or Pasta Twists Cheese and Tomato Quiche with Chips or Pasta Twists Baked Beans Vegetable Sticks
Chocolate Cake with Chocolate Sauce	Fruity Jelly	Vanilla Ice Cream with Chocolate Sauce	Carrot Cake	Shortbread and Fruity Friday
WEEK 3 w/c 25th April, 16th May, 13th June, 4th July, 5th Sept., 26th Sept., 17th October				
Sausages with Mash Potato and Gravy Vegetable Lasagne with Garlic Bread Green Beans Sweetcorn	St Peter and St Pauls Turbo Chicken with Pasta Twists Cheese and Onion Pasty with Mash Potato Roasted Vegetables Barbecue Beans	Roast Turkey and Stuffing with Gravy and Roast or Mash Potato Vegetarian Cottage Pie with Gravy and Roast or Mash Potato Spring Cabbage Carrots	Chilli Con Carne with Fluffy Rice Jacket Potato with a Choice of Fillings Broccoli Vegetable Sticks	Cod Fillet Fishfingers or MSC Salmon Fishfingers with Homemade Tomato Sauce and Chips or Pasta Twists Vegetarian Burger with Homemade Tomato Sauce and Chips or Pasta Twists Baked Beans Peas
Peach Crunch Crumble with Custard	Vanilla Muffin	Fonhill's Ice Cream and Fantastic Funky Fruit Salsa	Oaty Cookie	Chocolate Brownie and Fruity Friday

Contains at least half a portion of fruit, to help pupils on their way to achieving their 5 A DAY!
 Contains at least half a portion of vegetables, increasing fibre, folate, vitamin A and vitamin C.
 Includes wholegrain offering pupils a great source of fibre for healthy digestion.