

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 would like to take this opportunity to let you know more about the food your child is eating. We are very proud to announce that we have achieved the silver Catering Mark for the following reasons:



- Over 90% of our food is freshly prepared on site
 - We use local and seasonal produce wherever possible*
 - All our eggs are certified as free-range*
 - We use fresh meat from a wholesale butcher
 - We are fully committed to animal welfare – all our meat is farm-assured as a minimum
 - Our fish is certified by the Marine Stewardship Council (MSC), i.e. from sustainable stocks and thus do not contribute to over fishing.
 - Some of our food is organic. This is our contribution to the environment we live in as well as animal welfare standards
 - We have switched over to some cleaning products that are not tested on animals, and sourced from a local company in Enfield
 - All our menus meet the Government Nutrition standards
- We look forward to serving your child!

Our Food

Here are some examples of our locally-sourced, and environmentally-friendly products:

- ✓ Our free-range eggs come from a family-run farm in Hertfordshire
- ✓ Our fresh carrots, Yeo Valley Yoghurts, milk, oats, baked beans and tinned tomatoes are certified organic
- ✓ Our Cucumber, Peppers, Courgettes, Spring Onion, Red Onion are all grown in the Lea Valley area

Free School Meals: What you need to know



From September 2014, all pupils in Reception, Year 1 or Year 2 will be 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 up approximately **£400** per year if you take up the offer. We are expecting an additional 4000 meals per day across Enfield!

It is still really important that you still register your child for Free School meals if your child is in Reception, Year 1 or Year 2 – to ensure the school receives extra funding for your child's education ("The Pupil Premium"). It is still necessary to register your child for this even if you do not want your child to receive a free meal.

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

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
- Or call the Pupil Benefit Helpline on **0208 379 5367**

Contact us

For more information about school meals
Email: enfield.catering.services@enfield.gov.uk
Visit: myschoollunch.co.uk/enfield
Follow us on Facebook: 'Enfield School Meals' 

School Food

Improving the health and wellbeing of young people in Enfield



menu
information
Winter & Spring
2014/15



www.enfield.gov.uk



School Lunch Menu Winter/Spring 2014/15

Week 1

Monday

Sausage or Linda McCartney™ Vegetarian Sausage (V)
Lemon Hoki Fillet* with Chickpeas
Served with Mashed Potato
Garden Peas & Sweetcorn
Cheese and Biscuits
Fresh Fruit

Tuesday

Spicy Tomato Chicken Garnished with Black Olives
Organic Carrot and Quorn Pilaf (V)
served with Naan Bread
Green Beans & Cauliflower
New Potatoes or Cous Cous
Banana Cake

Wednesday

Roasted Chicken Fillet with Herby Gravy
Cheese Flan (V)
Roast Potatoes
Broccoli & Sliced Organic Carrots
Organic Oaty Red Fruit Crumble and Custard
Fresh Fruit Salad

Thursday

Minced Lamb Hot Pot
Jacket Potato filled with Cheese & Beans (V)
Garden Peas & Baby Carrots
Organic Yeo Valley™ Fruit Yoghurt
Grape Pots

Friday

Margherita Pizza (V)
Pasta and Spinach Tortilla (V)
Homemade Coleslaw & Baked Beans
Oven Fries
Fruit Smoothie
Fresh Fruit Salad

Week 2

Monday

Jerk Chicken or Jerk Quorn (V) Fillet
Herb Crusted Hoki* Fillet
Jollof Rice
Baby Carrots & Green Beans
Peach Melba
Fresh Fruit

Tuesday

Spaghetti or Quorn Bolognaise (V) Served with Garlic Bread
Homemade Tuna & Sweetcorn Burgers Served in Bun
Peas & Sweetcorn
Banana Rice Pudding with Cinnamon Sugar
Fresh Fruit Salad

Wednesday

Roast Beef and Yorkshire Pudding with Roast Potatoes
Filled Jacket Potato (V)
Organic Carrots & Cabbage
Fruit Jelly and Ice Cream
Fresh Fruit Salad

Thursday

Golden Chicken Casserole with Mashed Potato
Roasted Vegetable and Feta Pasta (V)
Sweetcorn & Peas
Chocolate Pudding and Chocolate Sauce
Grape and Melon Pots

Friday

MSC* Fish Fingers
Spanish Quiche (V)
Baked Beans
Oven Fries
Fruit Smoothie
Fresh Fruit

Week 3

Monday

Beef Burger in a bun
Mushroom Frittata (V)
Baked Beans
Oven Fries
Blueberry Muffin
Fresh Fruit

Tuesday

Beef Lasagne
Served with Garlic Bread
Filled Jacket Potato (V)
Green Beans & Sweetcorn
Organic Yeo Valley Fruit Yoghurt
Fresh Fruit Salad

Wednesday

Roast Chicken or Quorn (V) Fillet with Stuffing
Fisherman's Pie
Roast Potatoes
Organic Carrots & Peas
Lemon & Ginger Cake
Fresh Fruit

Thursday

Mild Chicken or Quorn Curry (V) Served with Steamed Rice
Salmon Goujons* served with Oven Baked Wedges
Broccoli and Cauliflower
Organic Oat Cookie with Vanilla Ice Cream
Fresh Fruit Salad

Friday

Harry Ramsden MSC Fish Fillet
Cheesy sweetcorn and broccoli pasta (V)
Oven Baked Diced Potato
Garden Peas & baby Carrots
Chocolate Artichoke Roll
Fresh Fruit

Available Daily

Unlimited Salad Bar with a variety of salads from Greek Salad, Coleslaw, Cherry tomatoes, Cucumber, Carrot and sultana, Pasta Salad and Potato Salad
Fresh range of sliced wholemeal, white, Fresh or Pitta Bread and Drink of the day (Water or Fruit Juice), Fresh Fruit and Yoghurt

*Our Fish is MSC-certified (Marine Stewardship Council)