

## 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:



- 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.
- 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



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 up approximately **£400** per year if you take up the offer.

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](http://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](mailto:enfield.catering.services@enfield.gov.uk)

Visit: [myschoollunch.co.uk/enfield](http://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  
Summer & Autumn  
**2015**



[www.enfield.gov.uk](http://www.enfield.gov.uk)



# School Lunch Menu Summer & Autumn 2015

## Week 1

### Monday

Oven Baked Sausage or Quorn (V) Sausage  
with Homemade Tomato Sauce  
Homemade Tuna Fish Cake  
Seasoned Potato Wedges  
Baked Beans  
Peach Melba or Fresh Fruit

### Tuesday

Bar-B-Q Chicken or Bar-B-Q Quorn Fillet (V)  
Oven Baked Herby Salmon Fillet  
Sweetcorn and Broccoli  
Sunshine Rice  
Chocolate Cracknel  
Fresh Fruit Salad

### Wednesday

Roast Lamb  
Baked Red Peppers Filled with Feta Cheese & Roasted Vegetables (V)  
Roast Potatoes  
Baby Carrots and Cauliflower  
Pineapple Upside- down Cake and Custard  
Fresh Fruit Salad

### Thursday

Homemade Cottage Pie or Linda McCartney™ Cottage Pie (V)  
Jacket Potato filled with Cheese (V) or Tuna Mayo  
Organic Carrots and Peas  
Melon Boats  
Organic Yeo Valley™ Fruit Yoghurt

### Friday

Harry Ramsden™ MSC\* Fish Fillet  
Wholemeal Cheese Flan with Cherry Tomatoes (V)  
Sweetcorn & Peas  
Oven baked Diced Potatoes  
Raspberry Arctic Roll  
Fresh Fruit Salad

## Week 2

### Monday

Beef Burger in a Bun  
Vegetarian Jamaican Pattie (V)  
Baked Beans  
Oven Fries  
Greek Yoghurt Topped with Summer Fruits & Honey  
Fresh Fruit

### Tuesday

Lamb Tagine  
Chickpea and Vegetable Tagine (V)  
Salmon Goujons  
Served with Cous Cous or New Potatoes  
Roasted Courgettes and Sweetcorn  
Fruit Jelly & Ice Cream or Fruit Salad

### Wednesday

Roast Chicken Breast or Quorn (V) Fillet  
Spanish Omelette (V)  
Roast Potatoes  
Organic Carrots & Cabbage  
Organic Oat Apple Crumble & Custard  
Fresh Fruit

### Thursday

Homemade Chicken and Vegetable Pie  
Vegetarian Sausage Rolls (V) Served with Oven Baked Diced Potato  
Sweetcorn and Peas  
Carrot Cake  
Grape and Melon Pots

### Friday

Cheese (V) or Tuna Salad Wrap with Seasoned Potato wedges  
Macaroni Cheese Served with Crusty Bread (V)  
Baby Carrots & Green Beans  
Fruit Smoothie  
Fresh fruit

## Week 3

### Monday

Chicken Tikka  
Mini Falafel with Tzatziki (V)  
Served with Vegetable Pilaf  
Garden Peas & Sweet Corn  
Cheese & Biscuits  
Fresh Fruit

### Tuesday

Homemade Beef Bolognese  
Served with Spaghetti & Garlic Bread  
Bean & Lentil Hot Pot (V)  
Green Beans & Organic Carrots  
Organic Yeo Valley Fruit Yogurt  
Fresh Fruit Salad

### Wednesday

Roasted Chicken Breast or Quorn (V) Fillet with Stuffing  
Oven Baked Salmon Fillet Garnished with Lemon and Parsley  
Roast Potatoes  
Cabbage & Cauliflower  
Apple Strudel and Custard  
Fresh Fruit

### Thursday

Homemade Beef Lasagne  
Served with Crusty Bread  
Filled Jacket Potato (V)  
Sweetcorn & peas  
Sultana Flapjack  
Fresh Fruit

### Friday

Margarita Pizza (V)  
Herb Crusted Hoki Fillet  
Baked Beans  
Oven Fries  
Jelly and Ice Cream  
Fresh Fruit Salad

## 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, Milk or Fruit Juice), Fresh Fruit and Yoghurt

*\*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*