

Dear Parent / Carer

We really hope your child/children enjoy eating our lunches and you can be assured that they are full of nutritional goodness. We are very proud to have achieved the Food For Life Served Here Silver award for the following reasons:



- ✓ Our food is freshly prepared on site.
- ✓ We use local and seasonal produce.
- ✓ All our eggs are certified as free-range, and we hold the "Good Egg" award from Compassion in World Farming.
- ✓ We use fresh meat from a wholesale butcher, and it is farm-assured as a minimum.
- ✓ We only serve fish certified by the Marine Stewardship Council (MSC), meaning our fish comes from sustainable stocks, and does not contribute to over fishing.
- ✓ A selection of organic ingredients are used to prepare fresh meals: supporting a system which provides animals with a better quality of life and encourages biodiversity. Our Yeo Valley Yoghurts, milk, oats and tinned tomatoes are all certified organic.
- ✓ All our menus meet the Government Nutrition Standards and we can cater for medically confirmed special diets.
- ✓ Our used oil is collected and made into bio-diesel.
- ✓ Our disposable items are made from recycled or plant-based materials.



School meals are good value

A School lunch includes a freshly prepared meal with a dessert, a drink and unlimited visits to the salad bar and can cost less than a cup of coffee from a coffee shop chain. In addition, a healthy, balanced meal is great for energy and vital for a child's health and development. Research has shown a school meal helps pupils concentrate in their lessons therefore enhancing learning.

Free School Meals: What You Need To Know

All pupils in Reception, Year 1 and Year 2, are able to receive a school meal at no cost to the parent or carer. School meals in Enfield are healthy, tasty, social and fun. Choosing a school lunch for your child/children will help save you approximately **£400** per child, per year if you take up the offer.

It is really important that you still register your child as eligible for Free School meals even in Reception, Year 1 and Year 2 – to ensure the school receives extra funding for your child's education ("The Pupil Premium").



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

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
- Call the Pupil Benefit Helpline on **020 8379 5367** or Email freeschoolmeals@enfield.gov.uk

Contact us

For more information about school meals:

Email: enfield.catering.services@enfield.gov.uk

Visit: www.myschoollunch.co.uk/enfield

Follow us on Twitter: [@EnfieldCatering](https://twitter.com/EnfieldCatering)

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Enfield Catering Services

Dedicated to food, health and education

SCHOOL FOOD HAS NEVER TASTED SO GOOD!



AUTUMN/WINTER 2019-20

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Lunch Menu Autumn/Winter 2019/20

MONDAY

Ratatouille Raviolini Pasta in
Homemade Tomato Sauce (VG)
Boston Beans (VG)
Homemade Garlic Bread
Mixed Vegetables
Organic Yeo Valley™ Fruit Yogurt
Cold Option:
Tuna & Cucumber High Fibre Roll

*Roasted Chicken Sausages with
Mash & Gravy
Linda McCartney™ Veggie
Sausages with Mash & Gravy (V)
Garden Peas & Sweetcorn
Organic Yeo Valley™ Fruit Yogurt
Cold Option:
Tuna & Cucumber High Fibre Roll

Tomato Ricotta & Basil Cappellini
Pasta in Homemade Tomato
Sauce (V)
Florentine Pie (V)
Homemade Garlic Bread
Mixed Vegetables
Organic Yeo Valley™ Fruit Yogurt
Cold Option:
Tuna & Cucumber Sandwich

TUESDAY

BBQ Chicken Drumstick
Sunshine Rice
Potato & Onion Tortilla (V)
Garden Peas & Sweetcorn
Fruit Medley
Cold Option:
Cheese & Tomato Sandwich (V)

Nonna's Homemade Lasagne
Roasted Vegetable and Feta
Pasta (V)
Broccoli & Sweetcorn
Fruit Medley
Cold Option:
Cheese & Tomato Sandwich (V)

Omega 3 Fish Fingers
Cheese Flan (V)
Garden Peas & Sweetcorn
Homemade Wedges
Fruit Medley
Cold Option:
Cheese & Tomato Sandwich (V)

WEDNESDAY

Roast Beef (or Roast Turkey) &
Gravy
Homemade Lentil & Vegetable
Roast (V)
Carrots & Cauliflower
Roast Potatoes
Carrot Cake
Cold Option: BBQ Chicken in a
Wholemeal Wrap

Roasted Chicken Fillet & Gravy
Quorn™ Roast & Gravy (V)
Carrots & Cauliflower
Roast Potatoes
Apple Crumble & Custard
Cold Option:
BBQ Chicken in a Wholemeal
Wrap

Baked Southern Style Chicken
Fillet
Quorn Fillet™ (V)
Broccoli & Carrots
Roast Potatoes
Chocolate Cracknel
Cold Option:
BBQ Chicken in a Wholemeal
Wrap

THURSDAY

Chicken Chow Mein
Macaroni Cheese (V)
Peas & Carrots
Fruit Medley
Cold Option:
Cheese Salad Sandwich (V)

Chinese Style Beef Curry
Tomato & Mushroom Loaf (VG)
Mixed Vegetables
Steamed Rice
Fruit Medley
Cold Option:
Cheese Salad Sandwich (V)

Mama's Pasta Bolognese
Linda McCartney™ Pasta
Bolognese (V)
Garden Peas & Baby Carrots
Fruit Medley
Cold Option:
Cheese Salad Sandwich (V)

FRIDAY

Young's™ MSC* Fish Fillet
Margherita Pasta Bake (V)
Baked Beans, Sweetcorn & Oven
Chips
Beechdean™ Raspberry Ripple
Ice Cream Pots
Cold Option:
Egg Mayo High Fibre Roll (V)

Margherita Pizza (V)
Harry Ramsden's™ MSC Lemon
Crumb Salmon
Baked Beans, Sweetcorn &
Oven Chips
Beechdean™ Chocolate Ice
Cream
Cold Option:
Egg Mayo High Fibre Roll (V)

Chicken/Lamb Burger in a Bun
Southern Style Quorn™ Burger
in a Bun (V)
Baked Beans, Sweetcorn &
Oven Chips
Beechdean™ Vanilla Ice Cream
Cold Option:
Egg Mayo High Fibre Roll (V)

AVAILABLE DAILY

Unlimited Salad Bar with a variety of salads including Greek salad, coleslaw, tomatoes, cucumber, carrot and sultana, pasta salad and potato salads. We do a range of Wholemeal, white & homemade breads. Drink of the day (water, organic milk).

*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.

Fresh fruit available daily.

Jacket Potato offered daily with a choice of fillings.

*Not Suitable for non-beef eaters

(V) Vegetarian (VG) Vegan



WEEK 1

WEEK 2

WEEK 3