

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 have achieved the Food For Life 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, 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 are fully committed to animal welfare and use some cleaning products that are not tested on animals, a sourced from local company in Enfield.
- ✓ We are fully certified by the Marine Stewardship Council (MSC), meaning our fish comes 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.
- ✓ 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, wholemeal flour and tinned tomatoes are certified organic.
- ✓ Our Cucumber, Peppers, Courgettes, Spring Onions and Red Onions 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
- 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'

We are delighted to have been awarded the "Good Dairy Commendation" from Compassion in World Farming

School Food

Never underestimate the importance
of a hot meal at lunchtime



Menu Information Summer/Autumn 2016



Enfield Catering Services
Dedicated to food, health and education
Enfield Catering Services
Enfield Catering
www.myschoollunch.co.uk/enfield



School Lunch Menu Summer/Autumn 2016

Gluten, Egg, Dairy, Lentil, Soya & Sesame Free Southbury Menu

Week 1

Monday

Gluten Free Sausages (No BBQ Sauce) & mashed Potato (No milk or butter in mash)
No Red Onion Relish
Garden Peas & Baby Carrots
Fruit Salad

Tuesday

Herby Chicken Fillet
Jollof Rice
Sweetcorn and Broccoli
Melon Boats

Wednesday

Baked Filled Jacket Potato with Beans
Organic Carrots & Garden Peas
Orange Wedges

Thursday

Gluten Free Pasta Bolognese (No white sauce or Tomato Base Sauce – Use Tomato Puree. Use Gluten Free Pasta)
Sweetcorn & Mixed Salad
Pineapple Wedges

Friday

Gluten Free Fish Fingers
Filled Jacket Potato (V)
Organic Baked Beans & Oven Chips
Fruit Smoothie or Fresh Fruit

Week 2

Monday

Herby Chicken Fillet (No Base Tomato Sauce) with Steamed Rice
Baby Carrots
Grape Pots

Tuesday

Shepherd's Pie (No Milk or Butter in mash)
Cauliflower and Garden Peas
Melon Boats

Wednesday

Herby Chicken Fillet
Falafel (No Tzatziki or Couscous)
Broccoli & Baby Carrots
Roast Potatoes (Do Not Use McCain Classic Roasts)
Mango & Orange Smoothie or Citrus Pot

Thursday

Gluten Free Fish Fingers
Baked Filled Jacket Potato with Beans (V)
Herby Diced Potatoes
Sweetcorn & Green Beans
Pineapple Wedges

Friday

Baked Filled Jacket Potato
Organic Baked Beans & Sweetcorn
Fruit Jelly (No Ice Cream) or Grape Pots

Week 3

Meat Free Monday

Fasolia (Butter Beans) with Herby Potato Wedges (V)
Baked Filled Jacket Potato (V)
Sweetcorn (No Red Coleslaw)
Fresh Fruit

Tuesday

Lemon & Thyme Chicken Drumstick (No Base Tomato Sauce. No Quorn)
Steamed Rice
Garden Peas & Organic Carrots
Citrus Pot

Wednesday

Roast Beef with Gravy (No Yorkshire Pudding. Use Knorr Gluten Free Gravy)
Sweetcorn & Mixed Vegetables
Roast Potatoes (Do Not Use McCain Classic Roasts)
Melon Pots

Thursday

Herby Chicken Fillet (No Base Tomato Sauce)
Steamed Rice
Green Beans & Baby Carrots
Grape Pots

Friday

Baked Filled Jacket Potato (V)
Organic Baked Beans & Sweetcorn
Fruit Smoothie or Pineapple Wedges

Available Daily

Unlimited Salad Bar with a variety of salads from Cherry tomatoes, Cucumber, Carrot and sultana
Drink of the day (Water or Fruit Juice) and Fresh Fruit

No Bread, Flour, Vinegar or Pasta – Use Gluten Free Pasta. No Milk, Butter, Cheese or Yoghurt. No Mayonnaise or Quorn products

**Our Fish is sustainable and MSC-certified (Marine Stewardship Council). Our meat is Farm-Assured as a minimum*