

# ěats.

## Week 1

**Week One commencing:**

24th October, 19th November, 10th December,  
7th January 2019, 28th January 2019,  
25th February 2019, 18th March 2019

### Tuesday

Beef Lasagne & Garlic Bread  
OR  
Vegetable Crumble & Garlic Bread  
Peas & Carrots  
Maccaron Tart

**NEW**



### Monday

Sweet Potato & Salmon Fishcake  
OR  
Cheese & Tomato Pizza Whirl  
Herb Diced Potatoes  
Cauliflower & Carrots  
Raspberry Apple Cake

**Low SUGAR**



### Thursday

Roast Loin of Pork, Stuffing & Gravy  
OR  
Vegetarian Toad-in-the-Hole & Gravy  
Roast Potatoes  
Carrots & Cabbage

**Low SUGAR**



### Friday

Crispy Baked Fish Fillet  
OR  
Vegan Chicken Style Nuggets  
Oven Baked Chips  
Baked Beans & Garden Peas  
Vanilla & Chocolate Crunch

**NEW**



Fruity Thursday - A choice of Fruit Jelly,  
Fruit Yoghurt or Fresh Fruit

**Low SUGAR**



### Tuesday

Lamb & Potato Bake  
OR  
Cauliflower & Sweet Potato Bake  
Carrots & Peas  
Strawberry Whip with a  
Mini Shortbread Biscuit

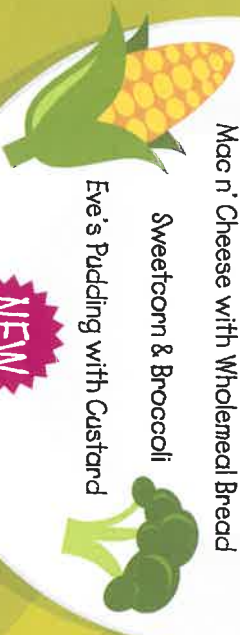
**NEW**



### Monday

Italian Tomato Pasta  
with Cheesy Garlic Slice  
OR  
Mac n' Cheese with Wholemeal Bread  
Sweetcorn & Broccoli  
Eve's Pudding with Custard

**NEW**



### Friday

Crispy Baked Fish Fillet  
OR  
Crunchy Vegetable Fingers  
Oven Baked Chips  
Baked Beans & Garden Peas  
Chocolate Brownie

**Low SUGAR**



### Wednesday

Beef & Tomato Grill in a Homemade Bun  
with Jacket Wedges  
OR  
Vegetable Enchilada with Steamed Rice  
Mixed Vegetables  
Jam Roly Poly & Custard

**NEW**

**Low SUGAR**



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## Week 2

**Week Two commencing:**

5th November, 26th November, 17th December,  
14th January 2019, 4th February 2019,  
4th March 2019, 25th March 2019

### Thursday

Roast Chicken, Stuffing & Gravy  
OR  
Vegetarian Sausage 'Under Wraps'  
& Gravy  
Roast Potatoes  
Carrots & Cabbage

**Low SUGAR**

Fruity Thursday - A choice of Fruit Jelly,  
Fruit Yoghurt or Fresh Fruit

**NEW**



**Available every day -**

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yoghurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration - a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch - see schools website for details

For information on allergens & intolerances visit [www.eats-catering.co.uk](http://www.eats-catering.co.uk)

**Available every day -**  
Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yoghurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration - a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch - see schools website for details

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Our new

# AUTUMN/WINTER

## Menu for 2018/19

Welcome to the new Autumn/Winter Menu for 2018/19

This menu has been created with the help of our menu development team. This team is made up of our Head of Kitchens from various schools across all regions who bring a wealth of knowledge and experience. We have also taken on board feedback from parent, pupil and school surveys and used this information when developing this menu.

We have some new dishes & old favourites on the new Autumn/Winter menu.

The new dishes are Beef & Tomato Grill in a Homemade Bun, Mild Chicken Tikka, Rice & Naan Bread and Cheesy Vegetable & Lentil Bake. We also have some exciting new desserts including Raspberry Apple Cake, Low Sugar Brownie & Fruity Thursdays.



The Government's Childhood Obesity plan launched in August (2016) challenged all sectors of the food industry to reduce the sugar content by 20% by 2020.

### 29% Sugar Reduction

Vertas have continued to work behind the scenes to reduce the sugar content of our desserts. Since 2016 we have successfully managed to trim a whopping 29% out of our dessert recipes. This equates to 3.5 double-decker buses.

### Promotions

Check out your schools website for upcoming promotions and theme days.



Craig Byford  
Food Development Chef



**NEW**

**Low SUGAR**

**Friday**

Chocolate Coconut Tart

Oven Baked Chips  
Baked Beans & Garden Peas

or

Quorn Hot Dog

Baked Fish Fingers

**NEW**

**Tuesday**

Apple & Blackberry Crumble  
with Custard

Carrots & Green Beans

Cheesy Lentil & Parsnip Bake

or

Mashed Potato & Gravy

Local Pork Sausages,

**NEW**

**Low SUGAR**

**Thursday**

Fruity Thursday - A choice of Fruit Jelly,  
Fruit Yoghurt or Fresh fruit

Carrots & Cabbage

Roast Potatoes



Vegetarian Shepherd's Pie

or

Roast Beef, Yorkshire Pudding & Gravy

**Week Three commencing:**

11th March 2019, 1st April 2019

21st January 2019, 11th February 2019,

12th November, 3rd December, 31st December,

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**Week 3**

**Monday**

Cocoa & Vanilla Marble Sponge

Peas & Sweetcorn

Baked Beans & Cheddar Cheese

Loaded Jacket Potato with Tomato,

or

Crunchy Quorn Burger  
with Herb Diced Potatoes

**NEW**

Carrot, Orange & Banana Cake  
with Custard

Broccoli & Sweetcorn

Vegetable Lasagne

or

Naan Bread

Mild Chicken Tikka with Steamed Rice

**Wednesday**

**NEW**

For information on allergens & intolerances visit [www.eats-catering.co.uk](http://www.eats-catering.co.uk)

Available every day -  
Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration - a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch - see schools website for details

### Is your child entitled to a free school meal?

Any child in reception, year 1 and year 2 is entitled to a free school meal each day. Speak to your school to find out how to register. Also if you are in receipt of certain benefits your child may be also eligible for a free school meal.

### Are you the missing ingredient?

éats is part of a multi-service facilities management organisation with people at its heart. Our services are broad and include Catering, Grounds, Cleaning and many more. If you are looking for a job, and are passionate about offering a quality service we want to hear from you. If you are seeking a new opportunity and want to join an innovative and exciting company please visit [vertas.co.uk/careers](http://vertas.co.uk/careers) or for more information contact Becki Broadfield [careers@vertas.co.uk](mailto:careers@vertas.co.uk) or call on 01473 264469

Your feedback is important to us and will assist in planning our next menu. Please send your feedback on the following website:

[eats-catering.co.uk](http://eats-catering.co.uk)