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.
- ✓ 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, and 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 have been awarded the Good Dairy Commendation from Compassion in World Farming.

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 Lee 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'
Follow us on Twitter: @EnfieldCatering

School Food

Never underestimate the importance of a hot meal at lunchtime

Menu Information

Winter/Spring 2016/17

Soil Association FOOD FOR LIFE SILVER CATERING

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

ENFIELD Council

St Monica`s School Lunch Menu Winter/Spring 2016/17

Week 1

Monday
Oven Roasted Sausages with Chive Mash & Gravy
Linda McCartney™ Vegetarian Sausages & Chive Mash (V)
Garden Peas & Baby Carrots
Cheese & Crackers or Fruit Salad

Tuesday
Pasta Bolognaise with Crusty Bread
Butternut Squash & Potato Gnocchi (V)
Sweetcorn and Broccoli
Fruit Smoothie
Melon Boats

Wednesday
Roasted Chicken Drumsticks/Fillets
Roasted Quorn™ Fillet (V)
Organic Carrots & Garden Peas
Roast Potatoes
Chocolate Cake & Chocolate Sauce
Orange Wedges

Thursday
Chicken & Vegetable Pie with Steamed New Potatoes
Jessica's Spanish Rice (V)
Green Beans & Cauliflower
Apple & Ginger Sponge
Pineapple Wedges

Friday
MSC*Bubble Pollock Fillet
Filled Jacket Potato (V)
Organic Baked Beans & Sweetcorn
Oven Chips
Cherry & Coconut Flapjack using Organic Oats or Fresh Fruit

Week 2

Monday
Fisherman's Pie
Baked Filled Jacket Potato (V)
Baby Carrots & Sweetcorn
Mango & Orange Smoothie
Grape Pots

Tuesday
Cottage Pie
Linda McCartney™ Pasta Bolognaise with Crusty Bread (V)
Cauliflower and Garden Peas
Organic Yeo Valley™ Fruit Yogurt
Melon Boats

Wednesday
Lamb Meatloaf with Gravy
Handmade Quorn™ Tikka Pasty (V)
Broccoli & Baby Carrots
Roast Potatoes
Carrot Cake
Citrus Pot

Thursday
Chicken Paella
Cheese & Tomato Quiche with Cous Cous (V)
Sweetcorn & Green Beans
Black Cherry & Chocolate Sponge with Custard
Pineapple Wedges

Friday
MSC* Fish Fingers
Linda McCartney™ Cottage Pie (V)
Oven Chips
Organic Baked Beans & Sweetcorn
Chocolate & Sultana Cracknel or Grape Pots

Week 3

Monday
Beef Burger with Potato Wedges (V)
Lentil & Bean Burger with Potato Wedges (V)
Green Beans & Baby Carrots
Organic Yeo Valley™ Fruit Yogurt
Fresh Fruit

Tuesday
Texas Ranch Chilli
Handmade Cheese & Onion Pasty (V)
Steamed Rice
Garden Peas & Cauliflower
Bread Pudding
Citrus Pot

Wednesday
Roast Beef with Gravy
Quorn & Vegetable Pie (V)
Roasted Root Vegetables
Roast Potatoes
Homemade Rice Pudding
Grape Pots

Thursday
MSC* Teriyaki Salmon & Cous Cous
Macaroni Cheese with Crusty Bread (V)
Steamed Broccoli & Organic Carrots
Oaty Apple & Peach Crumble & Custard
Melon Pots

Friday
Margherita Pizza
Filled Jacket Potato (V)
Organic Baked Beans & Sweetcorn
Oven Chips
Fruit Smoothie or Pineapple Wedges

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
Range of wholemeal or white bread. Drink of the day (Water, Organic Milk or Fruit Juice), fresh Fruit and Yoghurt
*Our Fish is sustainable and MSC-certified (Marine Stewardship Council) MSC-C-54995. *All our eggs are free-range and our meat is Farm-Assured as a minimum*

Soil Association FOOD FOR LIFE SILVER CATERING