



Summer/Autumn 2011

menu

eden food for thought



Eden Foodservice is delighted to introduce our new Summer/Autumn menu for 2011 which is packed full of goodness with seasonal foods. The new menu is based on promoting and encouraging balanced eating habits and a healthy lifestyle from an early age.

Eden's menu supports the core theme of Healthy Eating in the Healthy Schools programme. Dishes are freshly prepared each day with recipes developed to ensure they are of the highest nutritional standard, and menus meet the Government's food and nutrient based standards for school food (for more information you may wish to visit www.schoolfoodtrust.org.uk).

E. O'Kennedy

**Eretia O'Kennedy -
Company Nutritionist**



Kent



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Food:

Our aim in this new menu is to enable pupils to experience and celebrate cultural diversity and seasonality. This encourages pupils to try a range of dishes which can influence their eating habits in later life through increasing their knowledge and awareness of food. Our dishes are tried and tested by school pupils to make sure we are serving children menu choices they like to eat whilst getting the right balance of nutrients. **Did you know that all Eden school lunches contain at least 2 portions of the 5 a day fruit and vegetable target?**

Quality Ingredients:

Our menu includes a number of **quality standards and initiatives**. For example, the use of fresh UK Red Tractor Farm Assured meat for our roast dinners, fish from sustainable sources, British Lion eggs and seasonal fruit and vegetables.

Give it a go:

If your child does not currently have school meals why not give them a try, or perhaps you would like to sample them for yourself. You can come in and eat lunch or attend a parent tasting session. These are a great opportunity for you to see our high standards and taste our delicious food! **Please contact your school to discuss these options.**

Do you have any questions?

If you have any questions on our service or would like to enquire about employment opportunities with Eden Foodservice please **contact your local office.** Payments can be made by telephone on 01634 290389. Opening times for payment 8.15am-3.45pm or on our website pay.edenfoodservice.co.uk

Special Dietary Needs and Allergies:

If your child has any special dietary requirement such as an allergy or intolerance, or any other special dietary need please do not hesitate to **contact your local Eden Foodservice Office to discuss your child's individual dietary requirement.**

Week ONE menu – for weeks commencing: 2/5/11, 23/5/11, 20/6/11, 11/7/11, 5/9/11, 26/9/11, 17/10/11

Monday	Tuesday	Wednesday	Thursday	Friday
Lasagne. Tasty Bean Casserole.	Mild Beef Korma. Macaroni Cheese.	Roast Shoulder of Pork and Gravy. Tomato and Pepper Risotto.	Chicken and Sweetcorn Pie with Gravy. Vegetable Packed Lasagne.	Salmon Pasta Bake. Chicken Burger.
Peas. Sweetcorn. Mixed Salad of the Season.	Broccoli Florets. Vegetable Medley. Mixed Salad of the Season.	Shredded Spring Cabbage. Chunky Carrots. Mixed Salad of the Season.	Oven Roasted Vegetables. Peas. Mixed Salad of the Season.	Baked Beans. Grated Carrot. Mixed Salad of the Season.
Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.
Oven Baked Potato Wedges. Boiled Potatoes.	Fluffy Rice. Jacket Potato.	Roast Potatoes. Crushed Potatoes with Onion.	Creamy Mashed Potato. Pasta.	Chunky Chips. Potato Cake.
Pear Slice and Chocolate Sauce. Seasonal Fresh Fruit Platter.	Oaty Apple Crumble & Custard. Seasonal Fresh Fruit Platter.	Raspberry and White Chocolate delight. Seasonal Fresh Fruit Platter.	Lemon Muffin with Milk. Seasonal Fresh Fruit Platter.	Jambo Biscuit & Milk. Seasonal Fresh Fruit Platter.

Week TWO menu – for weeks commencing: 9/5/11, 6/6/11, 27/6/11, 18/7/11, 12/9/11, 3/10/11

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Bolognaise. Cheese and Potato Pie.	Oven Baked Fish in a Tomato Sauce. Sweetcorn Pizza.	Roast Chicken Drumstick and Gravy. Lentil Curry.	Shepherd's Pie. Mexican Vegetable Fajitas.	Oven Baked Sausages. Freshly made Vegetable Nuggets.
Sweetcorn. Peas. Mixed Salad of the Season.	Broccoli Florets. Vegetable Medley. Mixed Salad of the Season.	Oven Roasted Vegetables. Chunky Carrots. Mixed Salad of the Season.	Shredded Spring Cabbage. Carrot Batons. Mixed Salad of the Season.	Baked Beans. Fruity Summer Coleslaw. Mixed Salad of the Season.
Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.
Pasta Spirals. Jacket Potato.	Oven Baked Potato Wedges. Creamy Mashed Potato.	Roast Potatoes. Savoury Rice.	Boiled Potatoes. Fluffy Rice.	Chunky Chips. Crushed Potatoes with Onion.
Crunchy Summer Crumble and Custard. Seasonal Fresh Fruit Platter.	Jelly and Ice Cream*. Seasonal Fresh Fruit Platter.	Danish Apple Cake. Seasonal Fresh Fruit Platter.	Chocolate Surprise Cake. Seasonal Fresh Fruit Platter.	Strawberry Mousse Cake. Seasonal Fresh Fruit Platter.

Week THREE menu – for weeks commencing: 16/5/11, 13/6/11, 4/7/11, 29/8/11, 19/9/11, 10/10/11

Monday	Tuesday	Wednesday	Thursday	Friday
Ham Pizza. Neapolitan Pasta.	Sweet and Sour Chicken. Cheese Flan.	Topside of Roast Beef and Gravy. Cauliflower and Broccoli Crunch.	Meatloaf with Tomato Sauce. Margarita Pizza.	Oven Baked Fish Fingers. Spanish Omelette.
Grated Carrot and Beetroot. Sweetcorn. Mixed Salad of the Season.	Oven Roasted Vegetables. Peas. Mixed Salad of the Season.	Shredded Spring Cabbage. Vegetable Medley. Mixed Salad of the Season.	Broccoli Florets. Carrot Batons. Mixed Salad of the Season.	Baked Beans. Vegetable Sticks. Mixed Salad of the Season.
Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.
Oven Baked Potato Wedges. Garlic Potato Cake.	Savoury Rice. Boiled Potatoes.	Roast Potatoes. Creamy Mashed Potato.	Pasta. Parsley Potatoes.	Chunky Chips. Jacket Potato.
Peach Marble Sponge and Vanilla Sauce. Seasonal Fresh Fruit Platter.	Nowsley Tart & Custard. Seasonal Fresh Fruit Platter.	Jelly Delight. Seasonal Fresh Fruit Platter.	Oat Cookie with Milk. Seasonal Fresh Fruit Platter.	Frozen Strawberry Yoghurt. Seasonal Fresh Fruit Platter.

* Jelly and Frozen Yoghurt to serveries