

## Week 1

**Week One commencing:**  
30th October, 20th November  
11th December, 8th January 2018,  
29th January, 26th February, 19th March

### Monday

Grilled Chicken Burger  
in a Homemade Bun  
or  
Southern Style Veggie Burger  
in a Homemade Bun  
Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar  
Coconut & Parsnip Flapjack  
Slice with Custard  
or  
Fresh Fruit Salad

### Tuesday

**NEW** Pasta Bolognese with  
Garlic Bread Slice  
or  
Vegetable & Rice Burrito  
with Garlic Bread Slice  
Seasonal Vegetables  
Fresh Salad Bar  
Cocoa & Vanilla Marble Cake  
or  
Fresh Fruit Salad

### Wednesday

Margherita Pizza Slice  
with Herby Diced Potatoes  
or  
Butternut Squash & Red  
Pepper Risotto **NEW**  
Seasonal Vegetables  
Fresh Salad Bar  
**NEW** Blueberry Muffin **Reduced SUGAR**  
or  
Fresh Fruit Salad

### Thursday

Roast Loin of Suffolk Pork,  
Stuffing, Roast Potatoes & Gravy  
or  
Cauliflower & Leek Bake  
with Roast Potatoes  
Seasonal Vegetables  
Fresh Salad Bar  
Apple & Blackberry Crumble with Custard  
or  
Fresh Fruit Salad

### Friday

Crispy Fish Fillet  
with Chips  
or  
Cheese & Tomato Whirl  
with Chips  
Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar  
Chocolate Crunch with  
Chocolate Sauce  
or  
Fresh Fruit Salad



Did you know an  
olive tree can  
live for over  
1,000 years.



The pumpkin  
originated in  
**Mexico**  
about 9,000  
years ago.



Peaches were the  
1st fruit to be eaten  
on the moon.  
If you went to the  
moon what food would  
you take with you?

### Monday

**NEW** Pork & Carrot Meatballs  
with Tomato Pasta Twists  
or  
Seasonable Vegetable Crumble  
Seasonal Vegetables  
Fresh Salad Bar  
Warm Apple Taco & Custard  
or  
Fresh Fruit Salad **NEW**

## Week 2

**Week Two commencing:**  
6th November, 27th November,  
18th December, 15th January 2018  
5th February, 5th March, 26th March

### Tuesday

Salmon & Sweet  
Potato Fishcake  
or  
Everybody's Favourite  
Macaroni Cheese  
Seasonal Vegetables  
Fresh Salad Bar  
**NEW** Belgium Cocoa Waffle with  
Cherry Fruit Topping  
or  
Fresh Fruit Salad

### Wednesday

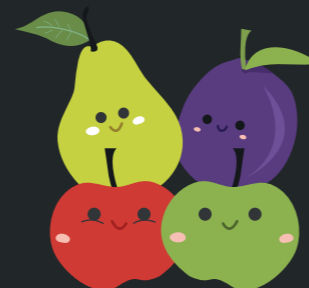
**NEW** Smokey Joe's Chicken  
with Wholemeal Rice  
or  
Italian Quorn Fillet  
with Wholemeal Rice  
Seasonal Vegetables  
Fresh Salad Bar  
**NEW** Carrot & Pineapple **Reduced SUGAR**  
Sponge Cake  
or  
Fresh Fruit Salad

### Thursday

**NEW** Roast Beef, Yorkshire Pudding  
with Roast Potatoes & Gravy  
or  
Quorn Sausage 'Under Wraps'  
Roast Potatoes & Gravy  
Seasonal Vegetables  
Fresh Salad Bar  
Oaty Fruit Crunch  
& Custard  
or  
Fresh Fruit Salad

### Friday

Crispy Fish Fillet with Chips  
or  
Vegetable Spring Roll & Chips  
with Mild Curry Sauce  
Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar  
Crunchy Vanilla Slice with  
Strawberry Sauce  
or  
Fresh Fruit Salad



Did you know  
apples belong to  
the rose family  
as do plum and  
pears.

### Monday

**NEW** Chicken & Ham Pasta Bake  
or  
Crunchy Cheese & Potato Pie  
Seasonal Vegetables  
Fresh Salad Bar  
**Reduced SUGAR** Pear & Gingerbread Cake  
or  
Fresh Fruit Salad **NEW**

### Wednesday

Traditional Beef Lasagne  
or  
Loaded Potato Skins with  
Tomato, Cheddar & Baked Beans **NEW**  
Seasonal Vegetables  
Fresh Salad Bar  
Toffee Apple Crumble &  
Vanilla Ice Cream  
or  
Fresh Fruit Salad

### Friday

Baked Fish Fingers  
with Chips  
or  
Crispy Veggie Fingers  
with Chips  
Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar  
Chocolate Cracknell  
or  
Fresh Fruit Salad

## Week 3

**Week Three commencing:**  
13th November, 4th December,  
1st January 2018, 22nd January  
19th February, 12th March

### Tuesday

Local Sausages & Mash  
with Gravy  
or  
Vegetarian Toad-in-the-Hole  
with Mash & Gravy  
Seasonal Vegetables  
Fresh Salad Bar  
St Clement's Shortbread Slice  
& Fruit Cuplet **NEW**  
or  
Fresh Fruit Salad

### Thursday

Roast Chicken, Stuffing,  
Roast Potatoes & Gravy  
or  
Quorn Roast, Yorkshire Pudding,  
Roast Potatoes & Gravy  
Seasonal Vegetables  
Fresh Salad Bar  
Greek Lemon Cake & Custard  
or  
Fresh Fruit Salad **NEW**

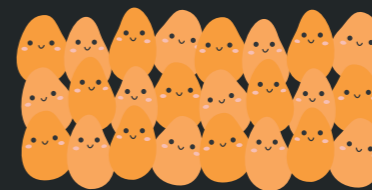
Bananas boost energy and act as  
fuel for the brain, making us more  
alert and ready to learn. Did you  
know a bunch of bananas is called a  
'hand' and a single banana is  
called 'a finger'.



Did you know  
that there are  
approximately  
465 baked  
beans in a  
standard can

#### Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yoghurt & real fruit jelly. Some dishes may vary due to individual school preferences, policies and cultural considerations - (a number of sites also offer additional options of jacket potato with choice of fillings & or packed lunch - see school websites for details) For information on allergens & intolerances visit [www.eats-catering.co.uk](http://www.eats-catering.co.uk)



# ēats. BRAND Refresh

## New Look ēats.

We have reviewed our branding and can now share with you our fantastic new designs that will soon appear in your schools. Using our dedicated design team, we have created a vibrant new look using our well known characters to emphasise the innovative service we offer.



## Congratulations Emily

Congratulations to Emily Barbuk voted as ēats very first 'Pupil of the Month'. This innovative idea was created by our very own Jenny Howlett, Head of Kitchen at St Edmunds Primary, Bungay. If you are interested in further information please contact info@ēats-catering.co.uk



'Pupil of the Month' Emily Barbuk

## ARE YOU THE MISSING INGREDIENT?

ēats is part of a multi-service facilities management organisation with people at its heart. Our services are broad and include Catering, Grounds, Cleaning and 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 [www.vertas.co.uk/careers](http://www.vertas.co.uk/careers), or for more information contact [careers@vertas.co.uk](mailto:careers@vertas.co.uk) or 01473 260125



Big welcome to one of our newest primary clients in Cambridgeshire - Barnabas Oley

## Promotions

Some fabulous new promotions will already be running in your school with the chance of winning cinema tickets, visits to working farms and family bowling tickets. Watch out for these exciting promotions and remember 'you have got to be in it to win it'



# ēats.

Welcome

to the new

# AUTUMN/WINTER

Menu for 2017/18



Craig Byford  
Food Development Chef

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

We have some new dishes and old favourites on the menu including some reduced sugar desserts.

The new dishes include Grilled Chicken Burger, Gluten Free Pork and Carrot Meatballs and Butternut Squash & Red Pepper Risotto. We also have some exciting new desserts including Warm Apple Taco & Custard and Greek Lemon Cake.

With a focus on reducing sugar, we have introduced a number of desserts with low added sugar content. These include Blueberry Muffin, Carrot & Pineapple Sponge and Pear & Gingerbread Cake. We also have a low sugar Cocoa Waffle with Fruit Topping. Hopefully these recipes will prove to be as popular as ever, with the added health benefit of less sugar.

## P.S. - Menu Feedback Autumn/Winter 2017/18

As part of launching this new ēats primary menu our Menu Development Team would like to give you and your children the opportunity to provide feedback on our Autumn/Winter menu and dishes. Your feedback is important to us and will assist us in our next menu planning as well as ensuring continuous improvement in the services we provide.

To feedback to us please visit Website - [www.surveymonkey.co.uk/r/eatsmenufeedbackAW1718](http://www.surveymonkey.co.uk/r/eatsmenufeedbackAW1718)

