

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@eats-catering.co.uk



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, or for more information contact careers@vertas.co.uk or 01473 260125



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



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.

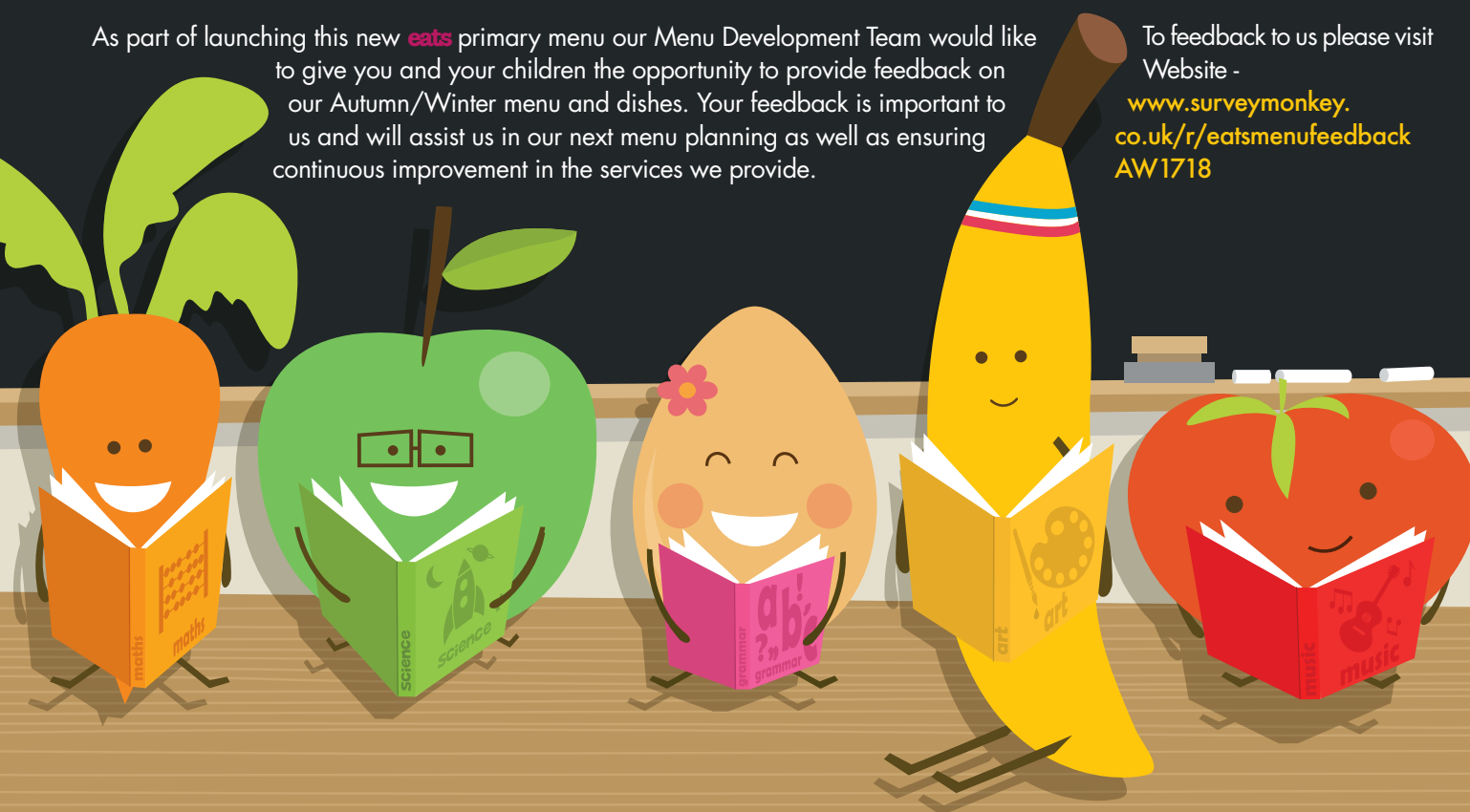
The new dishes include Grilled Chicken Burger, Gluten Free Pork and Carrot Meatballs and Butternut Squash & Red Pepper Risotto. We also have some exciting new desserts including Warm Apple Taco & Custard and Greek Lemon Cake.

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



Week 1

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

Week One commencing:

30th October, 20th November
11th December, 8th January 2018,
29th January, 26th February, 19th March

Tuesday

NEW

Pasta Bolognaise 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
Seasonal Vegetables
Fresh Salad Bar
Blueberry Muffin
or
Fresh Fruit Salad

NEW

Reduced SUGAR

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



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



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



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

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

Wednesday

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

NEW

Reduced SUGAR

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

Week 2

Week Two commencing:

6th November, 27th November,
18th December, 15th January 2018
5th February, 5th March, 26th March

Tuesday

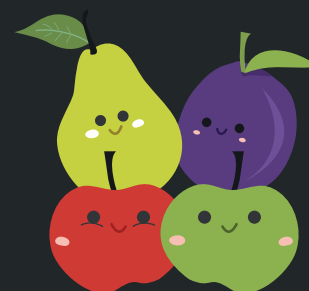
Salmon & Sweet
Potato Fishcake
or
Everybody's Favourite
Macaroni Cheese
Seasonal Vegetables
Fresh Salad Bar
Belgium Cocoa Waffle with
Cherry Fruit Topping
or
Fresh Fruit Salad

NEW

Thursday

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

NEW



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

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

Monday

NEW

Reduced SUGAR

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

NEW

Wednesday

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

NEW

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
or
Fresh Fruit Salad

NEW

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

