



PARENT NEWSLETTER

Get your school meals completely FREE!

Read more: Page. 8

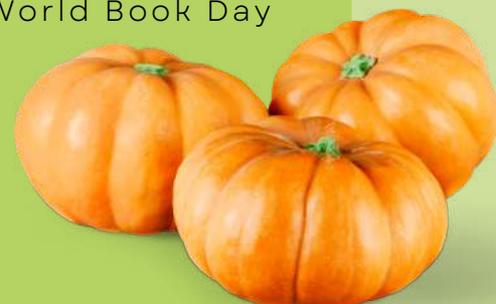
The winner of the parent who WON our last competition is announced on Page. 5

This is the food we serve at your child's school



THEME DAYS

- October: Halloween
- December: Christmas
- January: Chef's Picks
- February: Pancake Day
- March: World Book Day



Welcome to the Autumn Edition

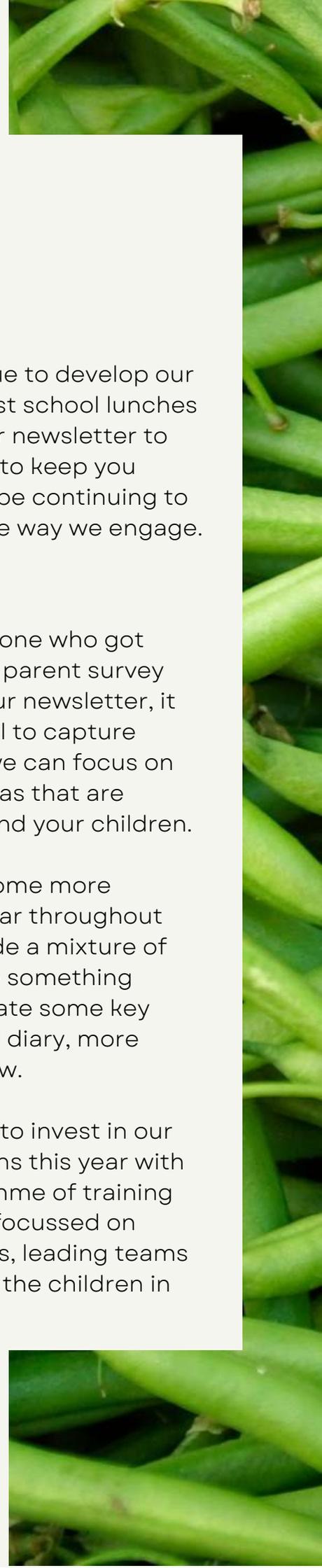
We have ambitious plans for this academic year to continue to develop our services to ensure we fulfil our aspiration to deliver the best school lunches in the borough. Some of these projects include this regular newsletter to our parents to be published regularly throughout the year to keep you updated on what is happening in Enfield Catering. We will be continuing to capture your feedback on our food, menus, service and the way we engage.



Thank you to everyone who got involved in the last parent survey we sent through our newsletter, it is especially helpful to capture your thoughts so we can focus on developing the areas that are important to you and your children.

We have plotted some more theme days this year throughout the terms to provide a mixture of dishes and provide something different to celebrate some key dates in the school diary, more information is below.

We are continuing to invest in our chefs in our kitchens this year with a bespoke programme of training and development focussed on cooking techniques, leading teams and engaging with the children in the dining room.





HOW WE DEVELOP THE MENU

01

Introduction

Our goals are to support our diners' education, development and well-being through food. It is imperative to persist because positively affecting food culture in schools takes time and patience. We stick to these principles regardless of external factors that make this process harder than ever.

02

Free School Meals

We encourage all eligible parents to choose free school meals.

Compared to packed lunches - Our meals are nutritionally rich, varied and substantial.

Included in the price of a meal is; a main course portion including meat or vegetarian option, carbohydrates and vegetables - all of which follow the portion size guidance of the school food standards. Included in the meal is a dessert portion or freshly cut fruit. Unlimited salad bar and freshly baked bread are available to all children.

03

Feedback

Feedback from our student councils and parliaments are priceless. It is a great way of getting fresh perspectives and ideas on the way we create and serve their lunch.

We want our young diners to feel they have a voice in the dining room, to further engage them in food education and encourage an open dialogue about their eating experiences at school.

04

Our Menu

After researching current trends and seeking expert advice from our experienced and diverse kitchen teams, our recipe development chefs get together to trial recipes. They test and adapt the recipes to exceed government food standards and suit the palate of the children.

Feedback

We listen to feedback, from our parents and student council and we wanted to take the opportunity to respond to some common comments.

PORTION SIZING

Portions are set by the School Food Standards. With childhood obesity at a national crisis, it is important that portion guidelines are adhered to. We understand the confusion around primary ages all having the same portion size. That's why in our schools we offer "seconds" where older children can come up for further food should they still be hungry. This is also in line with our policy of reducing food waste wherever possible and putting food to good use:

According to the National Child Measurement Programme (NCM) data, childhood obesity in the UK is rising and it has become an increasingly profound concern within public health on a global scale.

The current statistics from NCM show:

- 10% of reception children aged 4 to 5 are obese, and a further 13% are overweight.
- 21% of children aged 10 to 11 are obese, and 14% are overweight.

We understand that children's appetites can vary which is why we offer seconds to reduce food waste and offer an unlimited salad bar and homemade bread. We are working with our kitchen teams to share this information with the children.

VARIETY OF FOODS

Enfield Catering Services proudly meet and exceed the School Food Standards surrounding quality and variety of foods. Within the survey, we asked for details about what your child liked eating at home, and what they didn't like. This information has been passed to Louis, our Head Development Chef to be considered in our menu development. In fact, attached to this newsletter is our new menu

You can read more about portion sizing at:

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide> <https://www.myfood24.org/blog/packed-lunches-do-they-meet-the-nutritional-standard>



Your child will receive a pupil newsletter and paper menu to pin on the fridge

CHECK OUR MENU

Snippet of whats on our winter menu from week 1 & 2

We only serve high quality, flavourful food



TUESDAY



WEDNESDAY



THURSDAY



BE THE FIRST TO KNOW

WE'RE ON TWITTER & INSTAGRAM



[@ENFIELDCATERING](#)



The Results are in!

Primary Satisfaction Survey. We ran a survey from May-July to get the parent's views on school meals. We offered a £50 Amazon voucher for a randomly selected respondent!

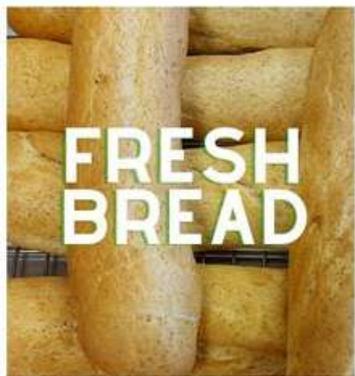
The Winner Suzanne, whose child attends Raglans school has been emailed with her £50 voucher. Well done!

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SERVED

31/10/2022
14/11/2022
28/11/2022
12/12/2022
02/01/2023
16/01/2023
30/01/2023



Our children are offered a selection of unlimited salad and freshly baked bread everyday during lunchtime.



MEAT FREE MONDAY

Ratatouille Pasta Bake, Broccoli, Olive Bread (V)

Sausage, Garlic & Broccoli Pasta, Olive Bread (VG)

Jacket Potato with Cheddar Cheese (V) or Ratatouille (VG)

Dessert

Fruit Yoghurt (V) or Fresh Fruit (VG)

TUESDAY

Peri-Peri Chicken, Potato Wedges, Green Beans

Peri-Peri Sweet Potato & Bean Patty, Potato Wedges, Green Beans (VG)

Pasta with Tomato and Basil Sauce (VG)

Dessert

Apple Crumble Flapjack (VG) or Fresh Fruit (VG)



WEDNESDAY

Chicken Tikka Curry, Vegetable Rice, Smoky Sweetcorn

Squash Tikka Curry, Vegetable Rice, Smoky Sweetcorn (VG)

Jacket Potato with Beans (VG), Cheese (V) or Vegetable Curry (VG)

Dessert

Chocolate Brownie (VG) or Fresh Fruit (VG)

THURSDAY

Beef Noodles, Stir Fried Vegetables, Garlic Broccoli

Vegetable Chow Mein Noodles w/ Quorn, Stir Fried Vegetables, Garlic Broccoli (V)

Pasta with Tomato and Basil Sauce (VG)

Dessert

Fruit Pot (VG)



FRIDAY

Fish and Chips, Minted peas, Ketchup or Homemade Tartare Sauce

Wholemeal Pitta Vegetable Pizza, Chips, Peas (V)

Jacket Potato with Beans (VG), Cheese (V)

Dessert

Banana Cookie (VG) or Fresh Fruit (VG)



(V) Vegetarian
(VG) Vegan





MEAT FREE MONDAY

Spaghetti Bolognese, Broccoli (VG)

Falafel, Chickpea and Tomato Salad, Pitta & Broccoli (VG)

Jacket Potato with Beans (VG), Cheese (V) or Bolognese (VG)

Dessert

Fruit Yoghurt (V) or Fresh Fruit (VG)

WEEK 2 MENU
WINTER TERM

SERVED

07/11/2022
21/11/2022
05/12/2022
09/01/2023
23/01/2023
06/02/2023

TUESDAY

Beef Chilli, Rice, Tortilla, Smoky Sweetcorn, Cheese

Vegetarian Chilli, Rice, Tortilla, Smoky Sweetcorn, Cheese (V)

Pasta with Tomato and Basil Sauce (VG)

Dessert

Marble Cake (VG) or Fresh Fruit (VG)



WEDNESDAY

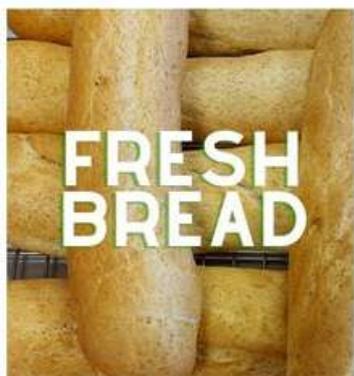
Roast w/ all the Trimmings: Herby Chicken, Roasties, Seasonal Veg, Gravy, Yorkshire Puddings

Sage & Onion Bake, Roasties, Seasonal Veg, Gravy, Yorkshire Puddings (V)

Jacket Potato with Beans (VG), Cheese (V) or Veggie Chilli (VG)

Dessert

Lemon and Berry Cake (VG) or Fresh Fruit (VG)



THURSDAY

Meatball Tagine, Tomato Cous Cous, Coleslaw

Cheesy Spinach Filo Pie, Cous Cous, Coleslaw (V)

Pasta with Tomato and Basil Sauce (VG)

Dessert

Seasonal Fruit Crumble and Custard (VG)



FRIDAY

Fish and Chips, Peas, Ketchup or Homemade tartare sauce

Cauliflower Bites, Chips, Peas, Ketchup (VG) or Homemade tartare sauce (V)

Jacket Potato with Salmon Mayonnaise or Baked Beans (VG)

Dessert

Shortbread Biscuit (VG) or Fresh Fruit (VG)



Our children are offered a selection of unlimited salad and freshly baked bread everyday during lunchtime.

(V) Vegetarian
(VG) Vegan



FINALIST **MJ**



@EnfieldCatering

*The pictures provided are a fair reflection of the meals served, which exceed the government food standards

Free School Meals



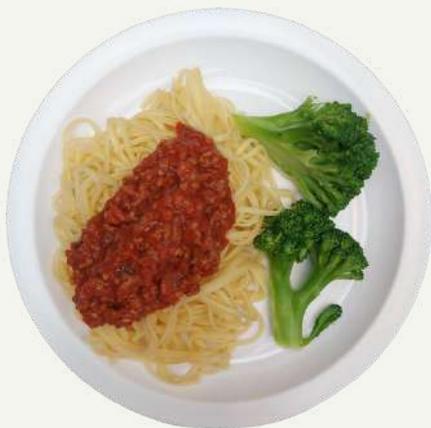
Universal infant free school meals in England

Your child will be able to get free school meals if they're in a local authority school and in:

- reception class
- year 1
- year 2

Your child may also get free school meals if you get any of these benefits and your child is both:

- Younger than the compulsory age for starting school
- In full-time education



Your child may be eligible for free school meals if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

If your child is eligible for free school meals, they'll remain eligible until they finish the phase of schooling (primary or secondary) they're in on 31 March 2023. Please contact your child's school to apply.

Value for Money

A week of school meals should not cost more than £14.

With rising prices in local supermarkets, school meals are better value than ever in comparison to the nutritional content. In this look at lunch under the microscope, School Meals are cheaper than packed lunch.

As a school meal provider, and the people behind the scenes being passionate about feeding our youth, we strive to provide the highest quality meals with great nutritional content.

A study by myfood24 found that only 2 in 100 primary school packed lunches meet nutritional standards. Having a school lunch takes this responsibility from parents for one meal a day, and every little helps.

LUNCH UNDER THE MICROSCOPE

Supermarket Ingredients:

(Tesco own brand 25.04.22)

- slices of Low Sodium Turkey - £1.79
- 40g of Mild Cheddar Cheese - 28p
- 9 Whole-Wheat Crackers - 24p
- Cooked Greenbeans - 26p
- Gala Apple Slices - 28p
- Nut or Seed Butter - 13p

= £2.98

Shopping / Prep Time = 20 minutes

Each week this meal would cost £14.90
and an hour and a half of your time!

Nutrition per portion:

Fat - 38.5g
Sugar - 22.5g
Salt - 2.02g



Prices are continuing to rise...

FROM OUR MENU



chicken roast per portion
16g - fat
5g - sugar
1g - salt



carrot cake
10g - fat
2g - sugar
0g - salt

UPDATED