

# BE SMART - EAT SMART

*Eat a healthy school meal!*



## WE ARE COMMITTED TO:

- **Fresh Food - Locally Purchased**
- All of our meat is locally supplied from a local country butcher who purchases from Local Farmers and has full traceability.
- Our fruit and vegetables suppliers are Pershore based and owned by Local farm owners.

## OUR STAFF

Being a family owned company we will promote a Family atmosphere within the company and we ensure that we listen and work as a team

## FOOD HYGIENE RATING

Eat Smart Educatering has been awarded **FIVE STAR RATING** and classed as Excellent for a **FOURTH** consecutive time.

Our emphasis is on a caring approach to all involved both pupils and staff alike in delivering a catering service to your school that you will be proud of, and will be second to none.

## WE SUPPLY GOOD NUTRITIOUS FOOD

We ensure that the lunch is Healthy, Nutritious and fully complies with the new Government standard.

We have committed to the Saffron Nutritional Analysis System on invitation from Worcestershire County Council.

## ALL OUR FOOD IS FRESHLY PREPARED

We only use good quality ingredients and where possible put the emphasis on fresh ingredients.

We give time and attention to menu planning in conjunction with the school, ensuring we provide exciting and interesting choices that your pupils and staff will enjoy.



GROVESNOR HOUSE  
127 CHURCH STREET  
MALVERN  
WORCESTERSHIRE  
WR14 2BA

 01684 575 791

 [sales@eatsmarteducatering.co.uk](mailto:sales@eatsmarteducatering.co.uk)

## FREE SCHOOL MEALS FOR ALL RECEPTION & KEYSTAGE 1 PUPILS

*Please Remember to  
Book with your School*

KEY STAGE 2 PUPILS MAY QUALIFY  
FOR FREE SCHOOL MEALS IF...

YOU ARE IN RECEIPT OF ANY OF THE FOLLOWING:

- INCOME SUPPORT
- CHILD TAX CREDITS
- INCOME BASED JOB SEEKERS ALLOWANCE

PLEASE CONTACT YOUR SCHOOL FOR FURTHER DETAILS

# BE SMART

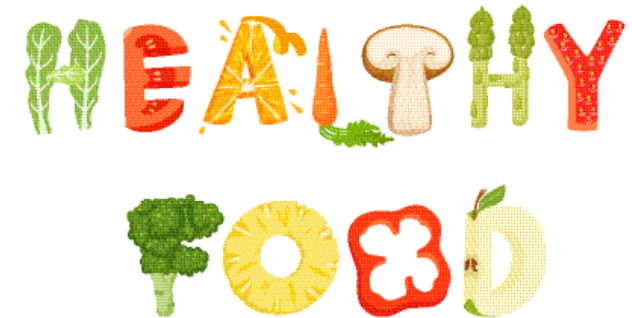
## AUTUMN MENU 2018

# EAT SMART

### 3 WEEK MENU CYCLE

*Working in partnership  
with your Primary School*

[WWW.EATSMARTEDUCATERING.CO.UK](http://WWW.EATSMARTEDUCATERING.CO.UK)



FOOD HYGIENE RATING

0 1 2 3 4 **5**

VERY GOOD

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b> 3rd September 24th September 15th October	SAVOURY MEATBALLS VEGETABLE MEATBALLS (V) <i>Both the above served with Tomato and Basil Sauce, Penne Pasta and Crusty Bread</i> FRUITY POT <i>1 of your 5 a day!</i>	ROAST CHICKEN WITH SAGE & ONION STUFFING VEGETABLE BURGER (V) <i>Both the above served with Roast Potatoes &amp; Selection of Fresh Vegetables</i> HOME MADE MARBLE CAKE	HOME MADE CHEESY PIZZA (V) <i>Served with 1/2 Jacket Potato &amp; Baked Beans</i> PENNE PASTA (V) <i>Served with Tomato &amp; Basil Sauce and Garlic Bread</i> HOME MADE APPLE CRUMBLE & VANILLA CUSTARD	ROAST PORK DINNER WITH APPLE SAUCE QUORN CHICKEN FILLET (V) <i>Both the above served with Roast Potatoes &amp; Selection of Fresh Vegetables</i> HOME MADE SHORTBREAD	OVEN BAKED BREADED COD VEGETABLE FINGER (V) <i>Served with a choice of Savoury Wedges or Chips &amp; Garden Peas or Baked Beans and Bread &amp; Butter</i> FRUIT MOUSSE
<b>WEEK 2</b> 10th September 1st October 22nd October	<b>JACKET POTATO DAY</b> <i>Pick your own filling</i> TO INCLUDE: Tuna & Mayo, Grated Cheese, Baked Beans, Sweetcorn <i>Served with a side salad</i> FRUIT SALAD	TRADITIONAL ROAST LAMB DINNER WITH MINT SAUCE CRUNCHY VEGETABLE CRUMBLE (V) <i>Both the above served with roast potatoes &amp; selection of seasonal vegetables</i> HOME MADE CHOCOLATE RICE CRISPY SLICE	HOME MADE MILD CHICKEN KORMA <i>Served with Boiled Rice and Naan Bread</i> QUORN BOLOGNAISE (V) <i>Served with pasta</i> HOME MADE JAM SPONGE WITH VANILLA CUSTARD	ROAST BEEF DINNER WITH YORKSHIRE PUDDINGS LINDA MCCARTNEY VEGETABLE SAUSAGE CASSEROLE (V) <i>Both the above served with Roast Potatoes &amp; Selection of Fresh Vegetables</i> ICED FRUIT MOUSSE	OVEN BAKED SALMON CAKE WITH TOMATO SAUCE CHEESE AND TOMATO PIZZA BAGUETTE(V) <i>Both the above served with a choice of Savoury Wedges or Chips &amp; Garden Peas or Baked Beans and Bread &amp; Butter</i> HOME MADE CHOCOLATE FUDGE CAKE
<b>WEEK 3</b> 17th September 8th October	OVEN BAKED HOT DOG (2) VEGETARIAN OVEN BAKED HOT DOG (V) <i>Both the above served with Herby Diced Potatoes, Garden Peas</i> ICE CREAM	TRADITIONAL ROAST TURKEY DINNER WITH STUFFING VEGETABLE QUICHE (V) <i>Both the above served with Roast Potatoes &amp; Selection of Fresh Vegetables</i> HOME MADE FLAPJACK	HOME MADE BACON PASTA <i>Served with Grated Cheese</i> MACARONI CHEESE (V) <i>Served with Baked Beans</i> <i>Both the above served with Garlic Bread or Crusty Bread</i> HOME MADE CARROT CAKE	HOME MADE COTTAGE PIE CHEESE AND POTATO PIE (V) <i>Both the above served with Roast Potatoes &amp; Selection of Fresh Vegetables</i> HOME MADE FRUIT COOKIE	OVEN BAKED JUMBO FISH FINGER ROASTED VEGETABLE WRAP (V) <i>Both The above served with a choice of Savoury Wedges or Chips &amp; Sweet Corn or Baked Beans</i> PANCAKES SERVED WITH GOLDEN SYRUP DRIZZLE OR BLUEBERRIES

**A BAKED JACKET POTATO OPTION WITH A CHOICE OF TOPPINGS IS AVAILABLE DAILY, MUST BE BOOKED IN ADVANCE.**

DISH OF THE DAY MENU, AUTUMN TERM 2017, ALL PRICED AT £2.30 PER MEAL, TO INCLUDE DESSERT FRESH FRUIT, OR YOGHURT IS OFFERED AS AN ALTERNATIVE TO THE DAILY SWEET CHOICE (SUBJECT TO AVAILABILITY)

All of the Services Fully Comply with the New Government Nutritional Guidelines and Saffron Analysis. Should your child have any special dietary needs, please contact Val (Catering Manager) on 01684 575791, who will be pleased to assist you.



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