

# 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

## OUR APPROACH

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  
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 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



*Working in partnership  
with your Primary School*

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



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 18th Oct 15th Nov 6th Dec	<p>GREEK MEATBALLS VEGETABLE MEATBALLS (V)</p> <p>Both the above served in sweet pepper Sauce, Penne Pasta and Crusty Bread</p> <p>FRUITY POT</p> <p><i>1 of your 5 a day!</i></p>	<p>CHICKEN FAJITAS VEGETABLE BURGER (V)</p> <p>Both the above served with Herby New Potatoes</p> <p>HOME MADE MARBLE CAKE</p>	<p>HOME MADE CHEESY PIZZA (V) <i>Served with 1/2 Jacket Potato &amp; Baked Beans</i></p> <p>PENNE PASTA (V) <i>Served with Tomato &amp; Basil Sauce and Garlic Bread</i></p> <p>HOME MADE APPLE CRUMBLE &amp; VANILLA CUSTARD</p>	<p>ROAST PORK DINNER WITH APPLE SAUCE</p> <p>QUORN CHICKEN FILLET (V) <i>Both the above served with Roast Potatoes &amp; Selection of Fresh Vegetables</i></p> <p>HOME MADE SHORTBREAD</p>	<p>BATTERED FISH PORTION</p> <p>LINDA MCCARTNEY VEGETARIAN FINGER (V) <i>Served with Chips &amp; Garden Peas or Baked Beans and Bread &amp; Butter</i></p> <p>FRUIT MOUSSE</p>
WEEK 2 1st Nov 22nd Nov 13th Dec	<p><b>JACKET POTATO DAY</b> <i>Pick your own filling</i></p> <p>TO INCLUDE: Tuna &amp; Mayo, Grated Cheese, Baked Beans, Sweetcorn <i>Served with a side salad</i></p> <p>ICE CREAM</p>	<p>ALL DAY BREAKFAST <i>Choice of bacon, sausage, baked beans, scrambled eggs</i></p> <p>HOME MADE CURRIED VEGETARIAN PLAIT (V) <i>Served with rice</i></p> <p>HOME MADE CHOCOLATE RICE CRISPY SLICE</p>	<p>SPAGHETTI BOLOGNAISE QUORN BOLOGNAISE (V) <i>Served with pasta and Garlic Bread</i></p> <p>HOME MADE JAM SPONGE WITH VANILLA CUSTARD</p>	<p>ROAST CHICKEN DINNER WITH STUFFING</p> <p>LINDA MCCARTNEY VEGETABLE SAUSAGE CASSEROLE (V) <i>Both the above served with Roast Potatoes &amp; Selection of Fresh Vegetables</i></p> <p>ICED FRUIT MOUSSE</p>	<p>OVEN BAKED SALMON CAKE WITH TOMATO SAUCE</p> <p>CHEESE AND TOMATO PIZZA BAGUETTE(V) <i>Both the above served with Chips &amp; Garden Peas or Baked Beans and Bread &amp; Butter</i></p> <p>PANCAKES SERVED WITH GOLDEN SYRUP DRIZZLE</p>
WEEK 3 8th Nov 29th Nov	<p>OVEN BAKED BEEF BURGER VEGETABLE BURGER (V) <i>Both in a Seeded Bap Together with Wedges &amp; Garden Peas</i></p> <p>ICE CREAM</p>	<p>BANGERS &amp; MASH VEGETARIAN SAUSAGE (V) <i>Both the above served with Garden Peas</i></p> <p>HOME MADE FLAPJACK</p>	<p>CHICKEN CURRY <i>Served with Rice &amp; Naan Bread</i></p> <p>MACARONI CHEESE (V) <i>Served with Baked Beans and Garlic or Crusty Bread</i></p> <p>HOME MADE BANANA CAKE</p>	<p>HOME MADE COTTAGE PIE CHEESE AND POTATO PIE (V) <i>Both the above served with a Selection of Fresh Vegetables</i></p> <p>HOME MADE FRUIT COOKIE</p>	<p>OVEN BAKED JUMBO FISH FINGER ROASTED VEGETABLE WRAP (V) <i>Both The above served with a Chips &amp; Sweet Corn or Baked Beans</i></p> <p>Home MADE COCOA BROWNIE</p>

**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 2021, 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 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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