Eat Well Live Well

In light of the Government's Childhood Obesity Plan, nutrition and healthy eating continues to be at the heart of everything we do. Our Eat Well Live Well Strategy outlines our commitments to supporting pupils to gain healthy eating habits for life, including;

- Providing nutritionally balanced menus that pupils will enjoy
- Using nutritionally preferable ingredients which are lower in fat, saturated fat, sugar and salt
- Ensuring our homemade desserts contain a restricted amount of sugar and are in line with portion size guidance
- Supporting pupils to gain key life skills through educational cookery and nutrition workshops
- Educating pupils about food, seasonality and health with educational posters in the dining hall



FREE SCHOOL MEALS

Don't forget that all **Reception**, **Year 1** and **Year 2** pupils can enjoy a **school meal without charge every day** irrespective of income. However, don't forget to still register if you are entitled to Free School Meals - this is very important for your school's funding!

FREE SCHOOL MEALS - LOW INCOME

To check free school meal entitlement visit www.cornwall.gov.uk/schoolmeals or contact your school office.

ALLERGIES AND INTOLERANCES

Autograph's award winning special diets process ensures that all pupils with allergies and intolerance's can enjoy safe and suitable school meals with their friends.

If your child has a food allergy, intolerance or other special dietary requirement please do not hesitate to contact your local Autograph Office. Alternatively you can request the 'Allergies & Intolerances Referral Form' from your school; all completed forms must be supported with medical referral.

A WORD FROM YOUR LOCAL TEAM

This menu is full of tasty, healthy, good quality meals produced from scratch by our dedicated team of catering staff; they are all passionate about giving your children the best start in life and understand that the food we provide can do this. Meals are nutritionally balenced and will help your children with their learning and concentration as well as exciting their tastebuds.

CONTACT US

If you have any questions on our service, or would like to enquire about employment opportunities with Autograph, please contact your local office:

Autograph, Unit 9 City Business Park
Easton Rd, Easton, Bristol BS5 0SP

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Autograph

FOOD FARM

Spring / Summer Menu 2017

with The Greens



ON A MISSION

To inspire and educate pupils to think differently about food, cooking, health and our environment!





I am excited to share that we are **changing our name from Eden to Autograph.** The Eden name was chosen 15 years ago to represent the start of something new. Over the years we have refined and established our approach, under our FoodFarm brand, offering high quality, healthy food children enjoy eating and our teams enjoy cooking. We work in partnership with our schools, parents and children, creating a tailored **signature** food offer, so Autograph is the perfect name for us!



We hope your child enjoys the new menu and finds something they love each day! We would love to **hear what you think** about our menus, or you may want to share one of your own recipes with us, so **please email us at autograph.schools@interserve.com**



We champion our fantastic **British and local farmers and suppliers** who work hard to provide us with high quality, seasonal produce!



This is a **Gold Catering Mark menu** which guarantees we serve high quality fresh food which is **better for British farming and animal welfare!**



All of our eggs are free range from St Ewe Farm in Truro, Cornwall; all of our **meat is British and Red Tractor certified;** we use some **Fairtrade certified** ingredients; and **only use sustainably sourced fish!**



	Monday	Tuesday	Wednesday	Thursday	Friday
	WEEK 1 – 17th April, 8th May, 5th June, 26th June, 17th July, 11th Sept, 2nd Oct				
THE MAIN EVENT	Creamy Chicken Curry with Rice	Pasta Bolognaise with Herby Bread	Roast Chicken with Stuffing, Gravy and Roast Potatoes	Chicken Pizza with Sweet Potato Wedges	Cod Fillet Fishfingers with Homemade Tomato Ketchup and Chips or Pasta Twists
	Macaroni Cheese with Tomato Bread	Vegetarian Cottage Pie with Gravy and Herby Bread	Vegetable Pasty with Gravy and Roast Potatoes	Jacket Potato with a Selection of Toppings	Cheese and Tomato Quiche with Chips or Pasta Twists
	Peas and Vegetable Sticks	Broccoli and Cauliflower	Carrots and Cabbage	Sweetcorn and Coleslaw	Peas and Baked Beans
TO FINISH	Oaty Cookie with Fruit Salad	Chocolate Cake with Chocolate Sauce	Ice Cream and Fruity Sauce	Banana Cake with Custard	Shortbread and Fruity Friday
	WEEK 2 – 24th Apr, 15th May, 12th Jun, 3rd Jul, 24th Jul, 18th Sept, 9th Oct				
THE MAIN EVENT	Sausages in a Roll with Tomato Relish and Potato Wedges	Sticky Chicken with Rice	Roast Pork with Apple Sauce and Gravy with Roast Potatoes	Lasagne with Garlic Bread	Battered Fish Fillet with Homemade Tomato Ketchup and Chips or Pasta Twists
	Quorn Burger in a Roll with Tomato Relish and Potato Wedges	Cheesy Topped Tomato Pasta Bake with Garlic Bread	Vegetable Crumble with Gravy and Roast Potatoes	Jacket Potato with a Selection of Toppings	Vegetarian Sausages with Homemade Tomato Ketchup and Chips with Chips or Pasta Twists
	Baked Beans and Vegetable Sticks	Sweetcorn and Green Beans	Carrots and Leeks	Coleslaw and Broccoli	Peas and Baked Beans
TO FINISH	Peach Crumble Tart with Custard	Carrot Cake	Jelly and Ice Cream	Chewy Chocolate Cookie	Flapjack and Fruity Friday
	WEEK 3 – 1st May, 22nd May, 19th Jun, 10th Jul, 4th Sept, 25th Sept, 16th Oct				
THE MAIN EVENT	Brunch Special (Sausage, Oven Baked Potato Wedges, Grilled Tomato & Baked Beans)	Chicken and Sweetcorn Pasta Bake with Rosemary Focaccia	Roast Turkey with Stuffing, Gravy and Roast Potatoes	Beef Wrap with Vegetable Rice	Cod Fillet Fishfingers or Salmon Fishfingers with Tomato Ketchup and Chips with Pasta Twists
	Vegetarian Brunch Special (Veggie Sausage, Oven Baked Potato Wedges, Grilled Tomato and Baked Beans)	Cheese and Tomato Pizza with Oven Baked Potato Wedges	Vegetable Roast with Stuffing, Gravy and Roast Potatoes	Jacket Potato with a Selection of Toppings	Tomato and Basil Whirl with Chips or Pasta Twists
	Grilled Tomato and Baked Beans	Peas and Leeks	Carrots and Green Beans	Sweetcorn and Coleslaw	Peas and Baked Beans
TO FINISH	Apple Slice with Custard	Fruit Trifle	Peaches & Ice Cream	Marble Sponge with Chocolate Sauce	Toffee Crispie and Fruity Friday

Served Daily	Freshly Baked Bread	Seasonal Salads	Fresh Fruit	Organic Yeo Valley Yoghurt

Contains at least half a portion of fruit, to help pupils on their way to achieving their 5 A DAY!

Contains at least half a portion of vegetables, increasing fibre, folate, vitamin A and vitamin C.

Includes wholegrain offering pupils a great source of fibre for healthy digestion.