

eats.

Week 1

Week One commencing:

16th April 2018, 7th May, 4th June
25th June, 16th July, 10th September
1st October 2018

Monday

Baked Suffolk Sausages,
Mash & Gravy
or
Vegetarian Toad-in-the-Hole,
Mash & Gravy

Seasonal Vegetables
Baked Beans
Fresh Salad Bar

Apple Flapjack
or
Fresh Fruit Salad

Reduced
SUGAR

Tuesday

Salmon Goujons with
Herb Diced Potatoes
or
Macaroni Cheese with Garlic Slice

Seasonal Vegetables
Fresh Salad Bar

NEW

Fruit Cheesecake
or
Fresh Fruit Salad

Reduced
SUGAR

Thursday

Roast Loin of Suffolk Pork,
Stuffing, Roast Potatoes & Gravy
or
Roast Quorn Fillet with Stuffing, Roast
Potatoes & Gravy

Seasonal Vegetables
Fresh Salad Bar

Oaty Fruit Crunch & Custard
or
Fresh Fruit Salad

Reduced
SUGAR

Friday

Crispy Fish Fillet with Chips
or
Cheese & Tomato Quiche & Chips

Seasonal Vegetables
Baked Beans
Fresh Salad Bar

Melting Chocolate Pudding
or
Fresh Fruit Salad

Reduced
SUGAR

Available every day –

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration – a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch – see schools website for details
For information on allergens & intolerances visit www.eats-catering.co.uk

eats.

Week 2

Week Two commencing:

23rd April, 14th May, 11th June
2nd July, 23rd July, 17th September
8th October 2018

Monday

Pork & Apple Burger in a Bun
with Wedges
or
Crunchy Quorn Burger in a Bun
with Wedges

Seasonal Vegetables
Fresh Salad Bar

Iced Carrot Cake
or
Fresh Fruit Salad

Reduced
SUGAR

Tuesday

Pasta Bolognese with
Italian Tomato Bread
or
Vegetable Frittata with
Italian Tomato Bread

Seasonal Vegetables
Fresh Salad Bar

Banoffee Waffle & Vanilla Ice Cream
or
Fresh Fruit Salad

NEW

Thursday

Roast Chicken, Stuffing,
Roast Potatoes & Gravy
or
Cauliflower & Broccoli Bake with Roast
Potatoes

Seasonal Vegetables
Fresh Salad Bar

Apple Crumble with Custard
or
Fresh Fruit Salad

Reduced
SUGAR

Friday

Crispy Fish Fillet with Chips
or
Vegetarian Frankfurter Hot Dog
with Chips

Seasonal Vegetables
Baked Beans
Fresh Salad Bar

Jammie Doughnut Muffin
or
Fresh Fruit Salad

NEW

Reduced
SUGAR

Wednesday

Hawaiian Pizza with Salad
or Coleslaw
or
Margherita Pizza with Salad
or Coleslaw

Seasonal Vegetables
Fresh Salad Bar

Watermelon Wedge & Fruit Yogurt
or
Fresh Fruit Salad

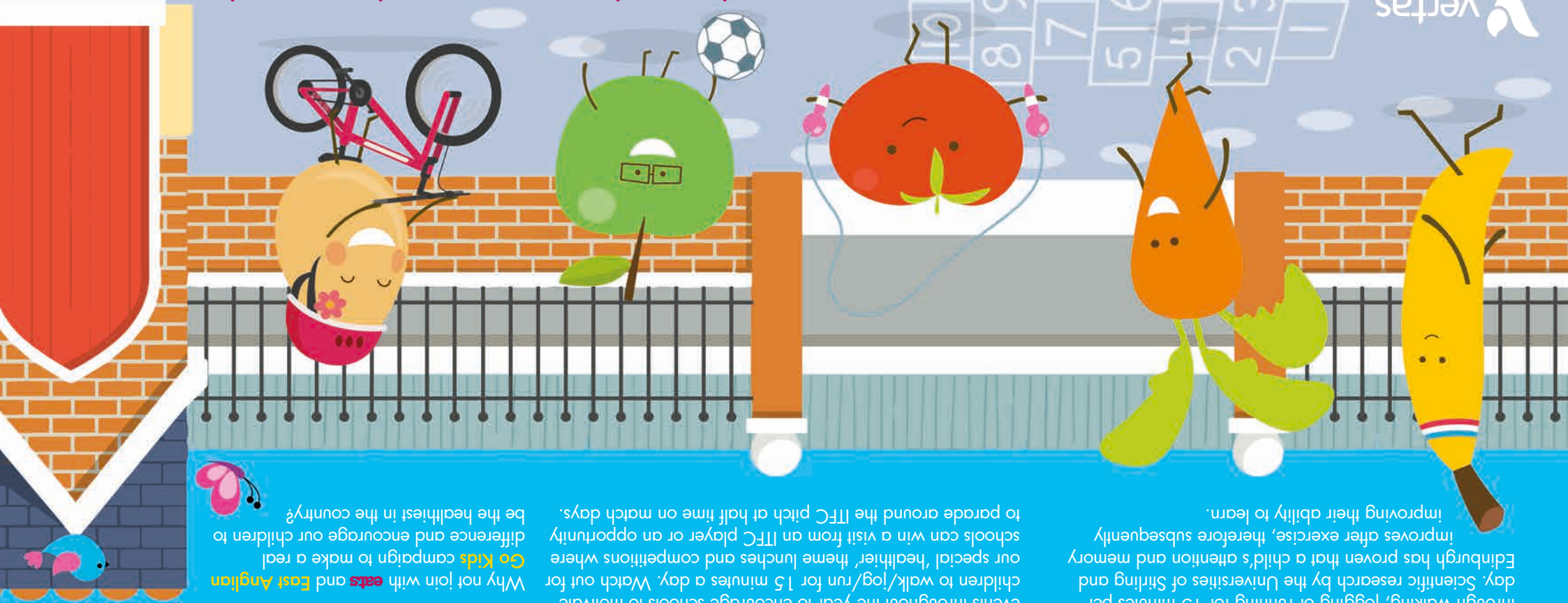
NEW

Reduced
SUGAR

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You are what you eat from your head to your feet!



This campaign aims to strongly encourage healthy eating and exercise amongst the young and inspire them to participate in activities like the 'Daily Mile' at school, through walking, jogging or running for 15 minutes per day. Scientific research by the Universities of Stirling and Edinburgh has proven that a child's attention and memory improves after exercise, therefore subsequently improving their ability to learn.

Vertas eats has teamed up with Ipswich Town FC, East Anglian Daily Times, East of England Co-op and Suffolk Anglian Go Kids campaign (EAGK).

East Anglian Go Kids

Some of our primary schools are already signed up to the Daily Mile, but **eats** as part of EAGK are aiming for 25% to be signed up and engaged in the Daily Mile by the end of 2018. We also want to see a reduction in the number of children classed as overweight and obese in year 6 NCMP (National Child Measurement Programme).

eats are further playing our part by reducing the sugar in all our homemade desserts in this new primary menu. Alongside this **eats** have been busy creating various promotional theme events throughout the year to encourage schools to motivate children to walk/jog/run for 15 minutes a day. Watch out for our special 'healthier' theme lunches and competitions where schools can win a visit from an ITFC player or an opportunity to parade around the ITFC pitch at half time on match days.

Why not join with **eats** and **East Anglian Go Kids** campaign to make a real difference and encourage our children to be the healthiest in the country?

Schools can get more information and sign up to the campaign at this web page <https://thedailymile.co.uk/school-signup/>. If you would like your child's school to consider doing The Daily Mile challenge, please let the school know.



Menu 2018

SPRING/SUMMER

eats.

Welcome to

eats.

Week 3

Week Three commencing:
30th April, 21st May, 18th June, 9th July
3rd September, 24th September,
15th October 2018

Monday

Smokey Joe's Chicken
with New Potatoes
or
Crunchy Vegetable Fingers with New
Potatoes

Seasonal Vegetables
Fresh Salad Bar

Reduced
SUGAR

Apple Sponge Cake
or
Fresh Fruit Salad

NEW

Tuesday

Pork Meatballs, Tomato Pasta &
Garlic Slice
or
Vegetable Lasagne & Garlic Slice

Seasonal Vegetables
Fresh Salad Bar

Strawberry Mousse & Biscuit
or
Fresh Fruit Salad

Reduced
SUGAR

Wednesday

Sweet & Sour Chicken with Rice
or
Cheese & Potato Pie

Seasonal Vegetables
Fresh Salad Bar

Reduced
SUGAR

Orange & Lemon Rice Krispie Bar
or
Fresh Fruit Salad

NEW

Thursday

Roast Beef, Yorkshire Pudding
with Roast Potatoes & Gravy
or
Spring Vegetable Bake with
Roast Potatoes

Seasonal Vegetables
Fresh Salad Bar

Reduced
SUGAR

Vanilla Crunch & Custard
or
Fresh Fruit Salad

NEW

Friday

Baked Fish Fingers with Chips
or
Vegetable Pancake Roll with
Sweet Chilli Sauce

Seasonal Vegetables
Baked Beans
Fresh Salad Bar

Raspberry Ripple Ice Cream Pot &
Chocolate Oat Cookie
or
Fresh Fruit Salad

Reduced
SUGAR

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