OUT NEW SPRING/SUMMER 2017 MENU

Mondau

Local Pork & Apple Burger in a Wholemeal Bun

Southern Style Quorn Burger in a Wholemeal Bun

> Seasonal Vegetables Baked Beans Fresh Salad Bar

Apple & Raspberry Sponge with Lemon Icing

Fresh Fruit Salad



Beef Cottage Pie

Roasted Tomato & Pepper Tart Seasonal Vegetables Fresh Salad Bar

Carrot Cake with Orange Buttercream Topping

Fresh Fruit Salad

Fridau

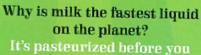
Baked Fish Fillet in Batter & Chips

Crunchy Vegetable Fingers & Chips

Seasonal Vegetables Baked Beans Fresh Salad Bar

Cocoa Beetroot Brownie

Fresh Fruit Salad



can see it

What do you call the opposite of a hot pepper? A little chilli

Week 1

Week One commencing:

18th April, 8th May, 5th June, 26th June, 17th July, 18th September, 9th October

Tuesday

Sweet & Sticky Chicken Noodles

Margherita Flatbread Pizza with Herby Diced Potato

> Seasonal Vegetables Fresh Salad Bar

Light Chocolate Mousse & Riscoit

Fresh Fruit Salad

Thursday

Honey Roast Gammon. Roast Potatoes & Gravy

Quorn Roast. Roast Potatoes & Gravu

Seasonal Vegetables

Fresh Salad Bar 100% Real Fruit Juice Ice Lolly

Fresh Fruit Salad

Mondau

Baked Suffolk Sausages. Mashed Potato & Gravy

Vegetarian Sausages, Mashed Potato & Gravy

Seasonal Vegetables Fresh Salad Bar

Apple, Pear & Cherry Crumble with Custard

Fresh Fruit Salad

wednesday

Shepherds Pie Topped with Cheesy Potatoes

Vegetable Sheperdess Pie

Seasonal Vegetables Fresh Salad Bar

Toffee Apple Squares with Toffee Sauce

Fresh Fruit Salad

Friday

Breaded Salmon Fillet or Fish Fingers with Chips

Quorn Frankfurther Hotdog & Chips

Seasonal Vegetables Baked Beans Fresh Salad Bar Chocolate & Coconut Flapjack Fresh Fruit Salad



train eat?

Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yoghurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural considerations. For information on Allergens & Intolerances visit www.eats-catering.co.uk

Week 2 Mondau

Week Two commencing:

24th April, 15th May, 12th June, 3rd July, 4th September, 25th September, 16th October

Tuesday

Chicken & Sweetcorn Wholemeal Pasta

Quorn, Tomato & Vegetable Spaghetti

Seasonal Vegetables Fresh Salad Bar

Swiss Iced Bun

Fresh Fruit Salad

Thursday

Roast Loin of Pork, Roast Potatoes. Stuffing & Gravy

Cauliflower & Sweet Potato Gratin

Seasonal Vegetables Fresh Salad Bar

Cowboy Cookie & Fruit Juice Drink

Fresh Fruit Salad

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Danish Meatballs

in Sweet Onion Gravy with Crispy Potatoes

BBQ Glazed Quorn Fillet with Crispy Potatoes Seasonal Vegeatbles

Fresh Salad Bar Jam Roly Poly with Custard

Fresh Fruit Salad



Leek & Ham Tagliatelle Pasta

Macaroni Cheese & Butternut Squash Bake with Crunchy Topping

> Garlic Bread Seasonal Vegetables Fresh Salad Bar

Lemon & Mandarin Mousse Cake

Fresh Fruit Salad

Friday

Baked Fish Fillet

in Batter & Chips

Cheese & Tomato Pizza Wheel

Seasonal Vegetables

Baked Beans

Fresh Salad Ban

Chocolate Banana Cake with Chocolate Sauce

Fresh Fruit Salad

Roast Chicken, Roast Potatoes & Gravy

& Gravy

Seasonal Vegetables Fresh Salad Bar

Fresh Salad Bar

Summer Fruit Pie with Vanilla Ice Cream

Week 3

Week Three commencing:

2nd May, 22nd May, 19th June.

10th July, 11th September.

2nd October

Tuesday

Mild Chicken

Korma Curry

Mild Sweet Potato &

Chickpea Korma

Fluffy Vegetable Rice & Pitta Bread

Fresh Fruit Salad

Thursday

Vegetarian Toad-in-the-Hole

Sticky Cornflake Tart

Fresh Fruit Salad



Why do bananas wear sun lotion? Because they peel

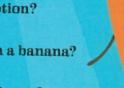
What do you call a shoe made from a banana? A slipper

Where do hamburgers go to dance? The meat ball









SUMMER Verta



Eats is part of a multi-service facilities management organisation with people at its heart. Our services are broad and include Catering, Grounds, Cleaning and more.

If you are looking for a job, and are passionate about offering a quality service, we want to hear from you.

If you are seeking a new opportunity and want to join an innovative and exciting company please visit www.vertas.co.uk/careers, or for more information contact careers@vertas.co.uk or 01473 260125





THE GREAT VEILS Bake Off 2017

In February we held our very first Great Vertas Bake off competition; this event was open to anyone working within Vertas. The dishes entered needed to demonstrate the individuals' personality, flair and baking skills. It was a closely fought competition with some amazing bakes produced but by a unanimous decision we are delighted to announce the 2017 winner is Sarah Thorp from Alde Valley Academy with her signature zesty orange carrot cake with cream cheese topping.

Sarah won a Kitchen Aid Mixer sponsored by Marriages and presented by Ian Surtees CEO of the Vertas Group.



VERTAS STAFF AWARDS

At our 2nd Vertas Making the Difference Awards in March we had over 180 nominations from across the business. The awards were fully funded by our suppliers and sets out to recognise the commitment of star employees within the workforce.

Shortlisted nominees from the School Catering teams include:

Employee of the Year - Clare Powell Group Chef for Samuel Ward Academy Trust

Team of the Year - Dell Primary School Catering Team

Colleagues Champion - Jeanie Waters Relief Head of Kitchen

Customer 1st - Lyz Self Head of Kitchen at Newmarket Academy

Going the Extra Mile - Heidi Raven Head of Kitchen at Ickworth Park Primary

Innovation - Stella Ray Head of Kitchen at St Benet's Primary School Wendy Wharf Head of Kitchen at Glade Primary School

Sustainability - Heidi Raven Head of Kitchen at Ickworth Park Primary

A huge well done to all those who were shortlisted.



OUR LOCAL SUPPLY CHAIN

- Marybelle Yoghurts
- Havensfield
 Eggs (Free Range)
- Accent Fresh
 Greengrocer
- Taste of Suffolk
 Butcher
- Wicks Manor
 Pork & Apple Burgers/
 Beef Burgers

- 6
 - Marriage's Master Millers Flour
- 7 P J Roofe Butcher
- 8 Fish Supplier
- 9 DCS Consumable Items
- Zenith
 Cleaning Materials
 & Equipment
- Bidvest
 Ambient &
 Frozen Food

Theme Days COMING SOON





SPRING/ Our new 2017

LACA'S SCHOOL CHEF OF THE YEAR FINALIST 2016





We're very proud ..

...of our dedicated colleague Clare Powell,
Catering Manager for the Samuel Ward
Academy, who came second and received a
'Highly commended' award at the England &
East Midlands Regional finals held in Birmingham.

For 2017's competition we will be inviting Heads of Kitchens from across both primary and high schools to enter. Vertas can only enter one candidate into the competition's regional heats. The title of LACA School Chef of the Year is the most prestigious that any school chef across the UK can hold and an exciting year is guaranteed for whoever emerges as the 2017 winner. This is a great opportunity for our hardworking catering teams to be recognised for their knowledge and skills in catering for the visionaries of tomorrow.

For Clare's recipe, please visit www.eats-catering. co.uk/page/moroccan-chicken

for our award winning MOROCCAN CHICKEN



Please note that there is a Jacket Potato option every day.

The choices are:

Cheese

Beans or

Tuna Mayonnaise