

## Monday

Local Pork & Apple  
Burger in a Wholemeal Bun  
or  
Southern Style Quorn Burger  
in a Wholemeal Bun  
Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar  
Apple & Raspberry Sponge  
with Lemon Icing  
or  
Fresh Fruit Salad

NEW

NEW

## Week 1

**Week One commencing:**  
18th April, 8th May, 5th June,  
26th June, 17th July,  
18th September, 4th October

## Tuesday

Sweet & Sticky  
Chicken Noodles  
or  
Margherita Flatbread Pizza  
with Herby Diced Potato  
Seasonal Vegetables  
Fresh Salad Bar  
Light Chocolate Mousse  
& Biscuit  
or  
Fresh Fruit Salad

## Wednesday

Beef Cottage Pie  
or  
Roasted Tomato & Pepper Tart  
Seasonal Vegetables  
Fresh Salad Bar  
Carrot Cake with Orange  
Buttercream Topping  
or  
Fresh Fruit Salad

NEW

## Thursday

Honey Roast Gammon,  
Roast Potatoes & Gravy  
or  
Quorn Roast,  
Roast Potatoes & Gravy  
Seasonal Vegetables  
Fresh Salad Bar  
100% Real Fruit Juice Ice Lolly  
or  
Fresh Fruit Salad

## Friday

Baked Fish Fillet  
in Batter & Chips  
or  
Crunchy Vegetable  
Fingers & Chips  
Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar  
Cocoa Beetroot Brownie  
or  
Fresh Fruit Salad

NEW

Why is milk the fastest liquid  
on the planet?  
It's pasteurized before you  
can see it

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

## Monday

Baked Suffolk Sausages,  
Mashed Potato & Gravy  
or  
Vegetarian Sausages,  
Mashed Potato & Gravy  
Seasonal Vegetables  
Fresh Salad Bar  
Apple, Pear & Cherry Crumble  
with Custard  
or  
Fresh Fruit Salad

## Week 2

**Week Two commencing:**  
24th April, 15th May, 12th June,  
3rd July, 4th September,  
25th September, 16th October

## Tuesday

Chicken & Sweetcorn  
Wholemeal Pasta  
or  
Quorn, Tomato &  
Vegetable Spaghetti  
Seasonal Vegetables  
Fresh Salad Bar  
Swiss Iced Bun  
or  
Fresh Fruit Salad

NEW

## Wednesday

Shepherds Pie Topped  
with Cheesy Potatoes  
or  
Vegetable Shepherdess Pie  
Seasonal Vegetables  
Fresh Salad Bar  
Toffee Apple Squares  
with Toffee Sauce  
or  
Fresh Fruit Salad

NEW

## Thursday

Roast Loin of Pork,  
Roast Potatoes,  
Stuffing & Gravy  
or  
Cauliflower & Sweet  
Potato Gratin  
Seasonal Vegetables  
Fresh Salad Bar  
Cowboy Cookie &  
Fruit Juice Drink  
or  
Fresh Fruit Salad

NEW

## Friday

Breaded Salmon Fillet or  
Fish Fingers with Chips  
or  
Quorn Frankfurter Hotdog &  
Chips  
Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar  
Chocolate & Coconut Flapjack  
or  
Fresh Fruit Salad

NEW

How does a  
train eat?  
It goes  
chew chew

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](http://www.eats-catering.co.uk)

## Monday

Danish Meatballs  
in Sweet Onion Gravy  
with Crispy Potatoes  
or  
BBQ Glazed Quorn Fillet  
with Crispy Potatoes  
Seasonal Vegetables  
Fresh Salad Bar  
Jam Roly Poly with Custard  
or  
Fresh Fruit Salad

## Week 3

**Week Three commencing:**  
2nd May, 22nd May, 19th June,  
10th July, 11th September,  
2nd October

## Tuesday

Mild Chicken  
Korma Curry  
or  
Mild Sweet Potato &  
Chickpea Korma  
Fluffy Vegetable Rice & Pitta Bread  
Fresh Salad Bar  
Summer Fruit Pie with  
Vanilla Ice Cream  
or  
Fresh Fruit Salad

NEW

## Wednesday

Leek & Ham  
Tagliatelle Pasta  
or  
Macaroni Cheese & Butternut  
Squash Bake with Crunchy Topping  
Garlic Bread  
Seasonal Vegetables  
Fresh Salad Bar  
Lemon & Mandarin  
Mousse Cake  
or  
Fresh Fruit Salad

NEW

NEW

## Thursday

Roast Chicken,  
Roast Potatoes & Gravy  
or  
Vegetarian Toad-in-the-Hole  
& Gravy  
Seasonal Vegetables  
Fresh Salad Bar  
Sticky Cornflake Tart  
or  
Fresh Fruit Salad

## Friday

Baked Fish Fillet  
in Batter & Chips  
or  
Cheese & Tomato Pizza Wheel  
Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar  
Chocolate Banana Cake  
with Chocolate Sauce  
or  
Fresh Fruit Salad

NEW

NEW

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 MENU



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](http://www.vertas.co.uk/careers), or for more information contact [careers@vertas.co.uk](mailto:careers@vertas.co.uk) or 01473 260125



## THE GREAT vertas 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.



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## OUR LOCAL SUPPLY CHAIN

- |   |   |
|---|---|
| 1 <b>Marybelle</b><br>Yoghurts                                | 6 <b>Marriage's</b><br>Master Millers<br>Flour        |
| 2 <b>Havensfield</b><br>Eggs (Free Range)                     | 7 <b>P J Rooft</b><br>Butcher                         |
| 3 <b>Accent Fresh</b><br>Greengrocer                          | 8 <b>FAS</b><br>Fish Supplier                         |
| 4 <b>Taste of Suffolk</b><br>Butcher                          | 9 <b>DCS</b><br>Consumable Items                      |
| 5 <b>Wicks Manor</b><br>Pork & Apple Burgers/<br>Beef Burgers | 10 <b>Zenith</b><br>Cleaning Materials<br>& Equipment |
|   | 11 <b>Bidvest</b><br>Ambient &<br>Frozen Food         |

## Theme Days COMING SOON



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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](http://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 Mavonnaise