



Spring/Summer 2010

menu

eden food for thought



As we are approaching summer Eden Foodservice is introducing our new menu for 2010 with seasonal food choices.

Here at Eden we pride ourselves in providing all pupils at lunchtime with great tasting food that is made from the highest quality ingredients. Our menu meets and exceeds the Government Nutritional Standards (for more information you may wish to visit www.schoolfoodtrust.org.uk). Eden strongly supports the

current objectives based around school meals:

- Improving pupils' immediate long term health and well being
- Improving behaviour, concentration and academic performance
- Maintaining pupils' energy levels throughout the school day
- Providing pupils with a sound understanding of balanced eating habits

• Enabling pupils to understand that healthy eating can be a delicious and enjoyable experience

• Assisting in positively affecting food choices and health outside the school environment

E. O'Kennedy

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LM3/2C



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Great Tasting Food: This new menu comprises of a balance between what children love eating yet still ensures that it is rich in nutrients to meet all your child's needs. For example we are offering foods like Lasagne, Bolognese, Fish Fingers and Pizza which guarantees your child will be looking forward to their lunch and you as a parent can be at ease that your child will be getting the right balance of nutrients.

Quality Ingredients: Our menu includes a number of quality standards and initiatives. For example, the use of fresh UK Red Tractor Farm Assured meat, Lion eggs and seasonal fruit and vegetables.

Give it a go: If your child does not currently have school meals why not give them a try, or perhaps you would like to try them for yourself. You can come in and try our lunches or attend a parent tasting session. These are a great opportunity for you to see our high standards and taste our delicious food! Please contact your school to discuss these options.

Special Dietary Needs and Allergies: If your child has any special dietary requirement such as an allergy or intolerance, or any other special dietary need please do not hesitate to contact your local Eden Foodservice office to discuss your child's individual dietary need.

Do you have any questions? If you have any questions on our service or would like to enquire about employment opportunities with Eden Foodservice please contact your local office.

Free Meals? To check entitlement for free school meals please contact:
Bedford Borough: 01234 228948 /
Central Bedfordshire: 01234 228357.

Week ONE menu – for weeks commencing: 19/4, 10/5, 07/6, 28/6, 19/7, 13/9, 04/10

Monday	Tuesday	Wednesday	Thursday	Friday
Chilli Con Carne. Spanish Omelette.	Meat Balls in Tomato Sauce. Mexican Bean Fajitas.	Roast Chicken Drumstick and Gravy & Sage & Onion Stuffing. Welsh Rarebit Wedge.	Beef and Onion Pie. Cauliflower and Broccoli Crunch.	Sunshine Flan. Green Pepper and Sweetcorn Pizza.
Carrots. Peas. Mixed Salad of the Season.	Sweetcorn. Broccoli. Mixed Salad of the Season.	Vegetable Medley. Cabbage. Mixed Salad of the Season.	Organic Carrots. Sweetcorn. Mixed Salad of the Season.	Coleslaw. Baked Beans. Mixed Salad of the Season.
Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.
Parsley Potatoes. Savoury Rice.	Pasta. Jacket Potato.	Oven Roast Potatoes. New Potatoes in their Skins.	Jacket Wedges. Creamy Mashed Potatoes.	Chunky Chips. Jacket Potato.
Butterscotch Cookie & Milk. Seasonal Fresh Fruit Platter.	Frozen Fruit Smoothie. Seasonal Fresh Fruit Platter.	Summer Crunchy Crumble and Custard. Seasonal Fresh Fruit Platter.	Danish Apple Cake with Vanilla Sauce. Seasonal Fresh Fruit Platter.	Jelly and Ice Cream. Seasonal Fresh Fruit Platter.

Week TWO menu – for weeks commencing: 26/4, 17/5, 14/6, 05/7, 30/8, 20/9, 11/10

Monday	Tuesday	Wednesday	Thursday	Friday
Mild Lamb Curry. Cheese Flan.	Beef Lasagne. Creamy Vegetable Pie.	Roast Pork Shoulder & Gravy served with Apple Sauce. Potato Broccoli & Cheese Bake.	Ham and Pineapple Pizza. Spicy Falafel.	Oven Baked Fish Fingers. Vegetable Korma.
Sweetcorn. Vegetable Medley. Mixed Salad of the Season.	Vegetable Sticks. Peas. Mixed Salad of the Season.	Organic Cabbage. Chunky Carrots. Mixed Salad of the Season.	Sweetcorn & Peas. Broccoli. Mixed Salad of the Season.	Baked Beans. Crunchy Coleslaw. Mixed Salad of the Season.
Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.
Fluffy Rice. Jacket Wedges.	Jacket Potato. Potato Cake.	Oven Roast Potatoes. Creamy Mashed Potatoes.	New Potatoes in their Skins. Parsley Potatoes.	Chunky Chips. Savoury Rice.
Apple and Raisin Slice with Custard. Seasonal Fresh Fruit Platter.	Chelsea Bun & Milk. Seasonal Fresh Fruit Platter.	Peach Marble Sponge and Chocolate Sauce. Seasonal Fresh Fruit Platter.	Pear and Chocolate Delight. Seasonal Fresh Fruit Platter.	Iced Chocolate (Beetroot) Sponge & Custard. Seasonal Fresh Fruit Platter.

Week THREE menu – for weeks commencing: 03/5, 24/5, 21/6, 12/7, 06/9, 27/9, 18/10

Monday	Tuesday	Wednesday	Thursday	Friday
Lamb Bolognese. Mediterranean Vegetable Quiche.	Fish with Crispy Crumb. Margharita Pizza.	Roast Topside of Beef and Gravy with Yorkshire Pudding. Cheese and Potato Pie.	Chicken Burritos. Neopolitan Pasta.	Oven Baked Sausages. Tomato and Bean Bolognese.
Grated Carrot. Peas. Mixed Salad of the Season.	Sweetcorn. Sweet and Sour Slaw. Mixed Salad of the Season.	Broccoli. Vegetable Medley. Mixed Salad of the Season.	Vegetable sticks. Sweetcorn and Peas. Mixed Salad of the Season.	Organic Carrots. Baked Beans. Mixed Salad of the Season.
Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.	Freshly Baked Bread of the Day.
Spaghetti. Jacket Potato.	New Potatoes in their Skins. Potato Cake.	Oven Roast Potatoes. Pasta.	Jacket Wedges. Savoury Rice.	Chunky Chips. Pasta.
Chocolate Krispie Slice & Milk. Seasonal Fresh Fruit Platter.	Ice Cream with Summer Fruit Compote. Seasonal Fresh Fruit Platter.	Apple and Oat Crumble & Custard. Seasonal Fresh Fruit Platter.	Swiss Tart and Custard. Seasonal Fresh Fruit Platter.	Pineapple Mousse Cake. Seasonal Fresh Fruit Platter.