



Our chefs have been hard at work and are excited to include some **delicious new recipes for your child** to enjoy! Our chefs always **test new recipes with our pupils** so we can be confident they will be a hit. 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 info.eden@interserve.com**



Our cooks love using their skills to **cook dishes from scratch using fresh high quality ingredients**. Did you know our bread is **baked fresh on site daily?**



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



We **support our local and British farmers** and use fresh, seasonal produce, dairy and Red Tractor certified meat from some fantastic farms! Yeo Valley also support British farmers and wildlife so we offer their delicious **organic yoghurts as a dessert option daily**.



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



	Monday	Tuesday	Wednesday	Thursday	Friday
	WEEK 1 - 31st October, 21st November, 12th December, 16th January, 6th February, 6th March, 27th March				
THE MAIN EVENT	Oven Baked Farm Assured Sausages with Gravy and Cheddar Mash	Classic Beef and Onion Pie with Gravy and Herby Potatoes	Roast Chicken Breast with Stuffing and Crispy Roast Potatoes or Creamy Mash Potato served with Gravy	Barbecue Beef Pizza with Potato Wedges	Cod Fillet Fishfingers with Chips or Pasta Twists
	Vegetable Lasagne with Garlic Bread	Vegetarian Cottage Pie with Gravy and Tomato Bread	Mixed Vegetable Roast with Stuffing and Crispy Roast Potatoes or Creamy Mash Potato served with Gravy	Jacket Potato with a Selection of Toppings	Cheese Quorn Burger in a Bap with Homemade Ketchup and Chips or Pasta Twists
	Sweetcorn and Green Beans	Carrots and Broccoli	Red Cabbage and Carrots	Sweetcorn, Vegetable Sticks and Coleslaw	Baked Beans and Peas
TO FINISH	Shortbread and Fruit Salad	Ginger Sponge with Custard	Vanilla Cheesecake	Chocolate Cake with Chocolate Sauce	Flapjack and Fruity Friday
	WEEK 2 - 7th November, 28th November, 2nd January, 23rd January, 20th February, 13th March				
THE MAIN EVENT	Cottage Pie with Gravy and Herby Bread	Chicken in a Bun with Tomato and Sweetcorn Relish and Sweet Potato Wedges	Roast Topside of Beef, Yorkshire Pudding and Crispy Roast Potatoes or Creamy Mash Potato served with Gravy	Chicken and Sweetcorn Pie with Gravy and Creamy Mash Potato	Battered Fish with Chips or Pasta Twists
	Vegetable and Cheese Pasta Bake with Herby Bread	Cheese and Tomato Pizza with Sweet Potato Wedges	Vegetarian Parcel with Crispy Roast Potatoes or Creamy Mash Potato served with Gravy	Jacket Potato with a Selection of Toppings	Vegetarian Sausages with Homemade Ketchup and Chips or Pasta Twists
	Roast Parsnips and Savoy Cabbage	Peas and Roasted Vegetables	Cauliflower and Carrots	Broccoli, Leeks and Coleslaw	Baked Beans and Peas
TO FINISH	Warm Chocolate Brownie and Chocolate Sauce	Toffee Apple Sponge with Custard	Fruity Jelly	Scone with Jam and Cream	Chewy Chocolate Cookie and Fruity Friday
	WEEK 3 - 14th November, 5th December, 9th January, 30th January, 27th February, 20th March				
THE MAIN EVENT	Mild Chicken Curry with Vegetable Rice	Pasta Bolognese with Garlic Bread	Roast Pork with Apple Sauce and Crispy Roast Potatoes or Creamy Mash Potato served with Gravy	Chicken Wrap with Tomato Salad and Half a Jacket Potato	Cod Fillet Fishfingers or Salmon Fishfingers with Chips or Pasta Twists
	Creamy Macaroni Cheese with Rosemary Focaccia	Quorn and Vegetable Pie with Oven Baked Sweet Potato Wedges	Vegetable Crumble with Crispy Roast Potatoes or Creamy Mash Potato	Jacket Potato with a Selection of Toppings	Cheese and Tomato Quiche with Chips or Pasta Twists
	Peas and Carrots	Barbecue Beans and Sweetcorn	Broccoli and Carrots	Green Beans, Vegetable Sticks and Coleslaw	Baked Beans and Peas
TO FINISH	Chocolate and Mandarin Pudding with Custard	Custard Biscuit	Strawberry Mousse	Chocolate Crunch with Chocolate Sauce	Melting Moment Cookie 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.