eats. Our new SPRING / SUMMER 2017 MENU

Week 1

Week One commencing:
18th April, 8th May, 5th June, 26th June, 17th July, 18th September, 9th October

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

Tuesday
NEW
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
NEW
Roasted Tomato & Pepper Tart
Seasonal Vegetables
Fresh Salad Bar
Carrot Cake with Orange Buttercream Topping
or
Fresh Fruit Salad

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

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

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

Week 2

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

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

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

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

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

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

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**

Week 3

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

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

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

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

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

vertas

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 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

OUR LOCAL SUPPLY CHAIN

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

Theme Days COMING SOON

eats. SPRING / 2017

Our new

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