

# Enfield Catering Services

Dedicated to Food, Health and Education

Winter 2018/19

## Newsletter

### Introduction

Welcome to our Winter 2018/19 newsletter. We hope you find the articles interesting and informative. We all know that food matters, this is why we make it our business to provide high quality meals and take every opportunity to promote healthy eating with an aim to build good eating habits that last a lifetime. We are proud to be dedicated to Food, Health and Education.



### New Menu is launched

Tasty new dishes perfect for hungry tummies!

Our Autumn / Winter menu features thoughtfully created new dishes as well as some old favourites. As always, every dish is balanced, nutritious and delicious.

Tony (ECS Menu Development Chef) and Alison (ECS Nutritionist) design our menus ensuring they are seasonal and meet the Government's Nutrition Standards.

Take part in our parent pupil survey Winter 2018 and you could win a Kindle! See page 5

Our Piri Piri Chicken is full of flavour



Nasi Goreng is a delicious vegetarian dish



Tasty and appetising Mama's Meatballs



 Enfield School Meals

 Enfield Catering

[www.myschoollunch.co.uk/enfield](http://www.myschoollunch.co.uk/enfield)

**ENFIELD**  
Council 

## Back to the floor

Director of Commercial Services, Nicky Fiedler was treated to a day with Unit Chef Manager Rhema at Latymer All Saints Primary School as part of a "Back to the floor" project. Nicky spent the day assisting Rhema with tasks such as sandwich making, as well as a very important job of mashing the potato!



Nicky Fiedler & Rhema, Unit Chef Manager, Latymer All Saints School Kitchen

# Healthy Eating Week



## ECS making healthy eating easy



British Nutrition Foundation (BNF) Healthy Eating Week is the perfect time to work together to focus on health education and celebrate healthy living. There are five health challenges at the heart of BNF Healthy Eating Week, Enfield schools focused on "Have 5 A Day!". All Enfield schools took part in 'fruit of the day promotions' which included guava and passion fruit for dessert! Fresh fruit smoothies were also made on site and offered to pupils to encourage good lifelong eating habits.

## Homemade bread

Many Enfield schools now have homemade bread available to pupils together with the unlimited salads. This is a great way to satisfy appetites in a nutritious way.



Can't beat the smell of freshly baked bread!

## Competition winners!

School Meals Day competition winners were presented with certificates and Amazon vouchers at surprise school assemblies at Bush Hill Park School, Oakthorpe Primary and Eastfield Primary School.



# Photo Gallery



**Left:** Black History themed day at Wilbury School, Cem and the ECS team



**Left:** Ghanaian chicken, coleslaw, sweetcorn, plantain, jollof rice  
**Below:** Fresh fruit smoothies at Walker Primary School



## Royal Wedding Celebrations



Houndsfield School



Firs Farm School



Forty Hill School



**Above:** American themed day at Eldon School



**Above:** French themed day at St Michael's



**Above:** Watermelon shark at Wilbury School



**Right:** Melon face at Carterhatch School



**Above:** Macmillan cakes at St Andrew's Enfield School, Cath Mann, Headteacher and Mary, Unit Chef Manager



**Right:** Smoothie tasters at Enfield County Upper with Penny

## Alison says - less salt, more flavour!

A high intake of salt can lead to high blood pressure, heart disease and strokes. It is difficult to know exactly how much salt we're having each day, foods such as stocks, sauces, crisps and breads can all be high in salt. Reading food labels is a good way to work out how much salt is in what you're eating. Low salt is anything with less than 0.3g salt per 100g and anything more than 1.5g of salt per 100g is classed as high in salt.

Cooking food from scratch is the easiest way to control how much salt you have each day. At ECS we use herbs and spices and even lemon juice and vinegar to create

maximum flavour with minimal amounts of salt. We also make our own BBQ and tomato-based sauces which cuts out a lot of the salt that would be in these sauces if we bought them pre-prepared.

Children should aim to have no more than 5g of salt a day and adults no more than 6g (that's roughly one teaspoon a day!). Next time you're out shopping why not have a look at the food labels on some of the foods you eat regularly and see how much salt they contain.



## What do I get when I choose a school meal with ECS?

- A tasty and nutritious meal
- A choice of desserts
- A choice of drink
- Unlimited salad
- Fresh bread
- Friendly staff who know about food, making healthy eating easy



## You can become sugar smart too!



Enfield Council is encouraging, mums, dads, grandparents, aunts, uncles, teachers and pupils, residents and staff to be **sugar smart**.

Too much sugar can lead to weight gain and various health conditions such as Type 2 diabetes, heart disease and stroke. It is estimated that children are having nearly three times more sugar than they should.

Take the challenge to make the healthier choice and cut down on sugar.

Make the **Sugar Smart Pledge**.

Share your ideas for cutting down on sugar **#HealthyEnfield**.

[www.enfield.gov.uk/sugarsmart](http://www.enfield.gov.uk/sugarsmart)

## The Felix Project

Hundreds of school children and their families are being given free, nutritious food that would have previously been thrown away, courtesy of charity The Felix Project. The project is now delivering to over 20 of Enfield's primary schools, so parents and children can take away food to prepare healthy meals or snacks.

The Felix Project is a charity that collects good quality surplus food from producers and suppliers. The food is stored in a depot in Enfield and food is then delivered to schools for parents and children to take away, and also to community groups and charities who can provide meals or food parcels. There is a steadily growing number of suppliers making donations; Reynolds, Greggs, Warburtons, Bookers, Lidl, Sainsbury's, Ocado, M&S and JJs Foodservice are some of the businesses who are currently donating surplus food that could have otherwise been sent away in rubbish bins.

If you'd like to volunteer, please contact the Felix Project via its website [www.thefelixproject.org](http://www.thefelixproject.org)



Pictured here are Julia, Jane and Alison with the Council Leader Cllr Caliskan and the team at the Felix Project

Did you know you can now sign up to receive email updates about school meals and other topics relating to education and children? To sign up please visit [www.enfield.gov.uk](http://www.enfield.gov.uk)

## Making Healthy Eating Easy



Although most of us know we should be eating 'healthier foods,' this can be difficult depending on what's available in our environment and being exposed to adverts and promotions on unhealthy foods. We want to make healthy eating as easy as possible at ECS and that's why we've introduced a few new actions to achieve this and plan to implement even more actions over the coming year.

We've introduced greater promotion of our healthier dessert options including fruit only dessert day. We have also reduced the amount of sugar in our desserts and are increasing the amount of fibre rich foods on our menus.

We display clear, relatable nutritional messages about the various foods on our daily picture menus, helping children to make more informed choices about what they eat. We hope that pupils will use this information not just when selecting what to have for lunch but also when choosing meals outside of school.

We have regular surveys and look to attend student council meetings to get feedback on pupils favourite dishes.

We believe healthier eating is so much easier when we understand why it's important in an interesting and fun way. Ultimately our aim is to make the healthier choice the easy choice!

## Free School Meals

All pupils in reception, year 1 and year 2 are able to receive a free school meal and could save parents £400 per child each year. It is really important that you still register your child as eligible for free school meals to ensure the school receives extra funds for funding for your child education ("The pupil premium")

### What about my child in years three to six?

If your family receives certain benefits or is on a low income, you could also be eligible for a free school meal. It costs nothing to apply but could save you money.

Please ask at your child's school office or contact Pupil Benefits at [freeschoolmeals@enfield.gov.uk](mailto:freeschoolmeals@enfield.gov.uk) or phone 020 8379 5367.

# ECS Parent Survey

We value your feedback and your comments will be used to help us further improve the service we provide.

Please detach and complete this survey and you could win a Kindle Fire. All completed forms should be returned to your school office by **Friday 11 January 2019**.

Or visit [www.myschoollunch.co.uk/enfield](http://www.myschoollunch.co.uk/enfield) to complete online

Win a Kindle!



Your child's name

What school does your child attend?

What year is your child in?

Does your child currently take a school meal?  Yes  No

If 'No', please go to question 1, If 'Yes', go to question 3

### 1. What is the reason for not taking a school meal?

- My child has tried them and doesn't like them
- We can't afford it
- I don't like the menus
- I like to provide my own food for my child
- I don't know enough about school meals
- Other – please comment

### 2. What would encourage you to take up school meals?

- Taster session to try the food
- More options on the menu
- Healthier options
- Cheaper meal option
- Improvement of dining room area
- Other – please comment

### 3. Are you aware of the current menu at your child's school?

- Yes, I have seen it on [www.myschoollunch.co.uk/enfield](http://www.myschoollunch.co.uk/enfield)
- Yes, I see it at the school
- No, I haven't seen it

### 4. What is your child's favourite dish from the current menu?

5. Does your child enjoy school meals?

Yes  No  Sometimes






Comments:

6. Would you be interested in a school meals parents forum?

Yes (please enter your email address below)  No

Email address:

7. How would you rate the service (where 1 is poor and 5 is excellent)?

					
Quality ingredients	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Healthy choices	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Creative menus	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Friendly service	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Comments:

8. Are you aware that meals are freshly cooked on site each day by qualified chefs using quality fresh ingredients that are ethically sourced?

Yes  No

9. Have you had the opportunity to sample the meals served at your child's school?

Yes  No

10. How important are the following to you? (Please indicate with a tick)

	Not important	Fairly important	Important	Very important
The lunch time experience	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quality of food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutritional balance/healthy eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Choice and variety of dishes available each day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Value for money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

11. Would you like to see nutritional information on the meals we provide?

Yes  No

## Tony's choice



### Chicken Paprikash

Makes 4 portions

#### Ingredients

Skinless chicken fillets or thighs (diced)	4
Smoked paprika	2tbl
Onions sliced	1 large
Mushrooms sliced	1lb/500g
Garlic crushed	1 clove
Chicken stock	17½ fluid oz/500ml
Tomato puree	1tbl
Low fat plain yoghurt	1tbl
Season to taste	

#### Method

1. In a bowl toss the diced chicken with the paprika. Sprinkle a little flour on top of the chicken and toss to coat.
2. Heat olive oil in pan over a medium heat until hot. Add the chicken in a single layer and cook until golden brown on each side, tossing occasionally, about 5 minutes. Scrape the chicken into a tray and set aside.
3. Add the onions (add a little oil if needed) and cook for a minute then add the mushrooms. Sauté the mixture, stirring occasionally and scraping up the browned bits from the chicken, until the onion is translucent, about 5 minutes. Add the garlic and cook for another minute, until fragrant.
4. Pour in about ¼ of the chicken stock and deglaze the pan by scraping up any bits from the bottom. Stir in the tomato paste, stirring to combine. Add the chicken & the rest of the chicken stock stirring well.
5. Simmer the mixture over a medium-low heat, until the chicken is cooked through and the sauce thickens slightly, about 10-15 minutes. Stir in the yogurt and cook for 2-3 minutes longer until thickened.
6. Taste and season if needed.
7. Serve with rice and garnish with fresh parsley.
8. Thicken with corn flour if needed.

Please check ingredients for allergens.

For more information on school meals in Enfield or to contact us:

Visit: [www.myschoollunch.co.uk/enfield](http://www.myschoollunch.co.uk/enfield)

Email: [enfield.catering.services@enfield.gov.uk](mailto:enfield.catering.services@enfield.gov.uk)

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