

# Enfield Catering Services

Dedicated to Food, Health and Education

Summer 2017

## Newsletter

### Introduction

"Welcome to the fourth edition of our newsletter which I hope you will enjoy reading. Our school meals service provides nearly 20,000 meals a day. Parents and pupils can be assured that we are serving meals that are freshly cooked on site, with quality and ethically-sourced ingredients, and therefore providing the best nutrition possible". Cllr Ayfer Orhan, Cabinet Member for Education, Children Services & Protection



### We are proud to be holders of the Silver Food For Life Served Here Award!

The "Food For Life Served Here" award from the Soil Association guarantees that fresh food is always on the menu and prepared by trained catering staff using quality ingredients.

For example, all our meat is from animals reared on farms that meet UK legal welfare standards as a minimum. Our eggs come from hens which live in the free range system, meaning they have access to the outdoors, where they can exhibit natural behaviour. Our milk is organic, meaning the dairy cows have access to pasture. We have also been awarded the Good Egg award and the Good Dairy commendation from Compassion in World Farming. Our accreditation from the Marine Stewardship Council means that we only use sustainable fish on our menus.

We design our menus to make the best use of local and seasonal ingredients, contributing to the local economy and supporting local farms and traders. All our food is free from undesirable additives, artificial sweeteners and controversial food colours and we never use GM ingredients. The award also means that a selection of organic ingredients are used to prepare fresh meals; supporting a system which provides animals with a better quality of life and encourages biodiversity.



### Dedicated to Food, Health and Education

Firs Farm is one of 40 schools to have received the new ECS branding, with a further 13 schools booked in for June 2017. The branding promotes healthy eating and gives pupils an enhanced lunchtime environment. Working in conjunction with clear vision and values which underpin our service the project has been very well received throughout the Borough and will be rolled out to all ECS schools over the next few months.



### Win a Kindle Fire & case!

Parents and pupils who complete a survey on [www.myschoollunch.co.uk/enfield](http://www.myschoollunch.co.uk/enfield) will be entered into a prize draw. The winning pupil will be awarded a Kindle Fire and case at a school assembly – don't miss out, complete the survey today by clicking on 'Win a Kindle Fire!'



 **Enfield School Meals**

 **Enfield Catering**

 **Enfield Catering**

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

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## Chinese New Year at Garfield School

*"Our pupils have a fantastic lunchtime experience run by Enfield Catering, similar to going to a real outside restaurant. The menu is varied; the food absolutely delicious and the kitchen team give our children great customer service. We are delighted with the high quality service that Enfield Catering give us. Our recent Chinese themed menu, as part of our learning about the Chinese New Year, is another example of how brilliant Enfield Catering is!"*

**Garfield School Headteacher**



## Why choose a school lunch?

There are many reasons why pupils benefit from our school lunches. Our meals are good value for money and a balanced, healthy dinner is great for energy and vital for health and development. Research has shown a school meal helps them concentrate in their lesson time thus enhancing learning.

### **Pupils having a school lunch are:**

- Encouraged to eat and enjoy a wider variety of foods, and therefore learn about new foods
- More likely to eat fruit and vegetables. Fruit and vegetables are available daily and a school lunch includes unlimited trips to the salad bar!
- Less likely to drink sweet drinks and have water or milk
- Able to develop their social skills, sitting at the lunch table chatting with friends and eating with cutlery
- Served balanced meals providing a range of vitamins and minerals needed for their growth
- Able to enjoy food which is freshly prepared on site unlike a packed lunch which may have been sitting for hours.

### **Some more facts...**

#### **School meals are good value**

A school lunch includes a freshly prepared hot lunch with a dessert, a drink and unlimited visits to the salad bar and can cost less than a cup of coffee from a coffee shop chain! If your child is in reception, year 1 or year 2 or you are in receipt of certain benefits, they are entitled to a free school meal.

#### **School meals are healthy**

Every school meal is healthy, tasty and balanced and exceeds the Government's nutrition guidelines

School lunches are more likely to be higher in calcium, fibre and vitamins/minerals and lower in salt, fat and sugar than packed lunches.

Research has shown that less than 2% of packed lunches meet the overall nutritional standards that currently apply to school food. Only one in five contained the recommended portion of vegetables.

#### **Encouraging good eating habits**

Pupils are more likely to eat a wider variety of different foods when they eat a school lunch. (Surveys have shown pupils value the experience of trying new foods at school).

#### **Pupils with allergies or special diets**

Whether your child enjoys all food, is vegetarian or needs a medical special diet, we can cater for all your child's needs.

Our staff receive allergy training from our dedicated nutritionist. You can be assured that those we cater for with medically confirmed conditions can feel safe and informed when eating our meals.

#### **Convenience**

Choosing to have school lunch will save you the time it takes to shop for and prepare packed lunches.

#### **Enhanced learning**

Studies have shown that pupils concentrate better in lessons if they have had a fulfilling lunchtime meal. Vitamins and minerals can play a key role in affecting energy levels. Our meals are packed full of these nutrients ensuring the best start to a productive afternoon.

### **So why not try a school lunch!**



## Bread Week at Russet House School

*"Thank you so much to Enfield School Catering for all your support during our 'Bread Week'. Whole school themed weeks such as this are extremely beneficial for our children. Tony and Alison did a wonderful job at the Bread Workshop yesterday evening. They came extremely well-prepared which meant we could all get involved very quickly and they were able to give very useful hints and tips to help our parents get the most from baking bread at home."*

*"We would very much like to do this activity again, either with parents or even an inset day for staff training."*

*"Thank you again, we really are very grateful for your support."*

**Liz Cody, Russet House School**



# Photo Gallery



**Above:** Enfield County Upper – ready for service



**Left:** Hadley Wood School Chinese Day

**Below:** Parent Taster event at Eastfield School

**Below:** Ghanaian Independence Day at De Bohun School



**Above:** Service with a smile at Wilbury School

**Right:** St Patrick's Day at St Edmund's School



## Homemade bread

Schools throughout the Borough are baking fresh bread for pupils to enjoy at lunch time.



## Creative Fruit at Carterhatch School

Making healthy eating fun!



## Pat Griffin retires after 30 years

A big thank you to Patricia Griffin! Who after 30 years of service with ECS retired May 2017. Pat worked at Waverley school for 29 years and was very much a part of the school. The pupils and staff at Waverley celebrated her time at the school with a farewell tea party which included flour bombing! Although sad to see her go we wish Pat a long and happy retirement.



## Sugar

In August last year the childhood obesity plan was launched to tackle the growing problem of overweight and obese pupils across the UK. One of the actions of the plan is to reduce the amount of sugar in the foods and drinks that contribute the most to our sugar intake. These include soft drinks, breakfast cereals, yoghurts, cakes and confectionary. Over the past year we have reduced the amount of sugar in the desserts we provide to make sure we are doing our part to keep up with these new plans. So far we have reduced the amount of sugar in our desserts by 15%!

High sugar intakes are linked to tooth decay and most of us are eating too much. It's recommended that pupils aged 4-6 should have no more than 19g of added sugar a day. Pupils aged 7-10 should have no more than 24g a day and from age 11 onwards no more than 30g a day. Check food labels to see how much sugar is in the food that you eat. Remember that sugar in pieces of fruit and the sugar found naturally in milk do not count towards your sugar intake. For more tips on how to be sugar aware check out the Nutrition Corner on our website.



## Fish

We should all be eating two portions of fish per week (one of which should be an oily fish). Fish is a great source of protein, B vitamins, calcium and vitamin D in our diet depending on the type and amount of fish we eat. Oily fish is an important source of omega 3 which has many health benefits including promoting good brain function. Oily fish include salmon, sardines, pilchards and mackerel.

The fish most commonly eaten in the UK are cod, canned tuna, fresh salmon, prawns and mackerel. When buying fresh, tinned or frozen fish or when eating out opt for those that have the Marine Stewardship Council (blue MSC logo), as these are sustainable and thus do not contribute to over fishing. You can also check the Good Fish Guide website [www.goodfishguide.org](http://www.goodfishguide.org) for fish to buy and avoid.



## Infant Free School Meals

You may be entitled to receive free school meals. It is really important to register your child for free school meals as this also ensures that the school receives extra funding for your child ("pupil premium"). Please contact your child's school for further information or call pupil benefits on 020 8379 5367.

## New Spring & Summer Menu launched 24 April 2017

New dishes include Roasted Summer Vegetable and Feta Pasta, Lemon Crumb Salmon Fillet and the very popular Jerk Chicken with Tomato Rice.



## West Grove School

"My son started at West Grove yesterday and he came home today raving about his lunch – jerk chicken and tomato rice. I'd be grateful if you were able to put this recipe on your website. My son has numerous allergies and it has been a really pleasant surprise to find out that the school and the Council are so clued up on allergies, it has really put my mind at rest. It is also nice to see that some of your ingredients are organic. Thank you!"

Parent, May 2017

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

## Tony's Recipe of the month



## Tomato & Bean Savoury Crumble

Portions: Serves 4-6 people

### Ingredients

410g tin Borlotti beans	1
400g tin chopped tomatoes	1
Tomato paste	1 tsp
Medium carrots, diced	2
Onions, sliced	1 large
Clove of garlic	1
Dried oregano	1 tsp
Bay leaves	1
Veg stock cube	1
Seasoning	To taste

### Crumble

White Flour	100g
Oats	100g
Grated Cheese	50g
Butter or Margarine	100g

### Method

1. Mix together the flour, margarine, oats and cheese until it resembles breadcrumbs. Put to one side.
2. Sauté the onions, garlic and carrots in a little olive oil until softened.
3. Add the tomato paste and cook for a few minutes.
4. Add the rest of the ingredients, mix together and gently simmer until beans are nice and tender and the sauce has thickened.
5. Place into an oven proof dish, spread crumble mixture over the top. Place into a hot oven 180° for 20/30 mins until it's golden brown.

### Allergen Information

Contains Gluten (flour, oats); Milk (cheese and margarine). Please check stock cube for allergens.

