

Welcome to

# eats. SPRING/SUMMER



Menu 2018

## East Anglian Go Kids

Vertas eats has teamed up with Ipswich Town FC, East Anglian Daily Times, East of England Co-op and Suffolk County Council to pledge their support for the East Anglian Go Kids campaign (EAGK).

This campaign aims to strongly encourage healthy eating and exercise amongst the young and inspire them to participate in activities like the 'Daily Mile' at school, through walking, jogging or running for 15 minutes per day. Scientific research by the Universities of Stirling and Edinburgh has proven that a child's attention and memory improves after exercise, therefore subsequently improving their ability to learn.

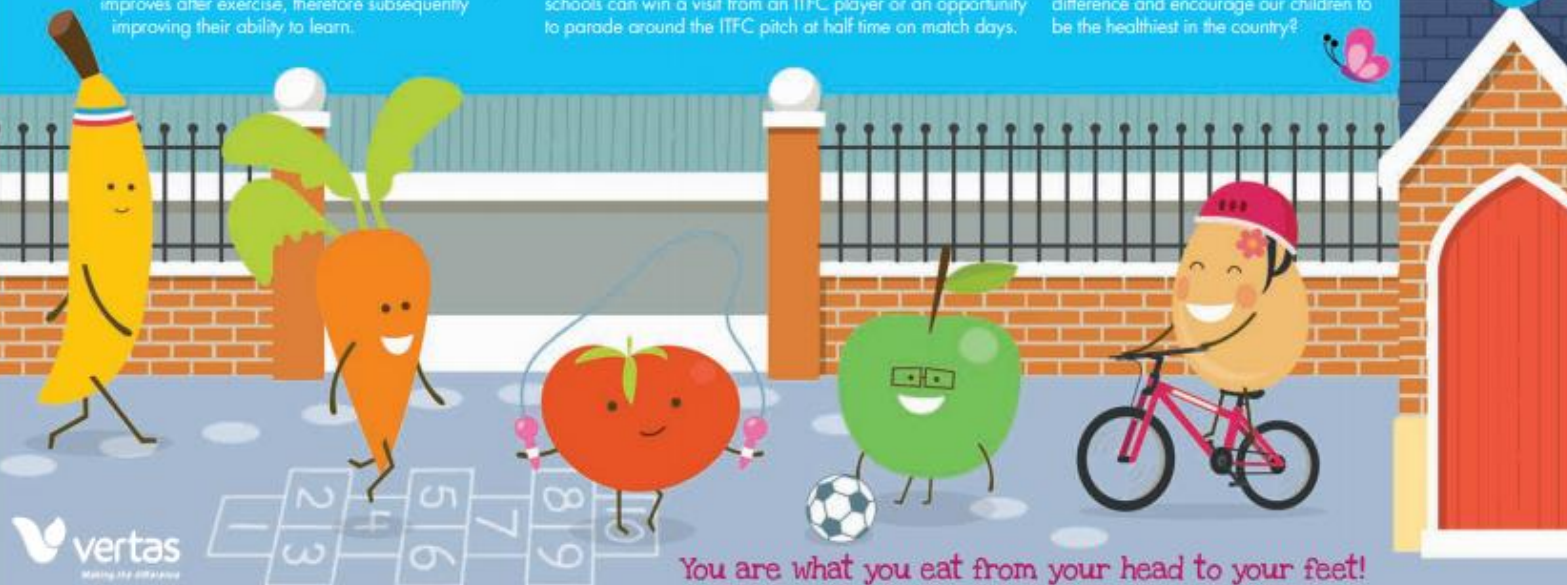
Some of our primary schools are already signed up to the Daily Mile, but eats as part of EAGK are aiming for 25% to be signed up and engaged in the Daily Mile by the end of 2018. We also want to see a reduction in the number of children classed as overweight and obese in year 6 NCMP (National Child Measurement Programme).

eats are further playing our part by reducing the sugar in all our homemade desserts in this new primary menu. Alongside this eats have been busy creating various promotional theme events throughout the year to encourage schools to motivate children to walk/jog/run for 15 minutes a day. Watch out for our special 'healthier' theme lunches and competitions where schools can win a visit from an ITFC player or an opportunity to parade around the ITFC pitch at half time on match days.

There will be exciting EAGK promotional events throughout 2018, including Suffolk Day in June and Ipswich Town's fixture against Millwall on Monday 2nd April 2018 at Portman Road, which will be dedicated to the EAGK campaign.

Schools can get more information and sign up to the campaign at this web page <https://thedailymile.co.uk/school-signup/> If you would like your child's school to consider doing The Daily Mile challenge, please let the school know.

Why not join with eats and East Anglian Go Kids campaign to make a real difference and encourage our children to be the healthiest in the country?



You are what you eat from your head to your feet!

### Monday

Baked Suffolk Sausages,  
Mash & Gravy  
or  
Vegetarian Toad-in-the-Hole,  
Mash & Gravy

Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar

Apple Flapjack  
or  
Fresh Fruit Salad

Reduced SUGAR

# eats.

## Week 1

Week One commencing:  
16th April 2018, 7th May, 4th June  
25th June, 16th July, 10th September  
1st October 2018

### Tuesday

Salmon Goujons with  
Herb Diced Potatoes  
or  
Macaroni Cheese with Garlic Slice

Seasonal Vegetables  
Fresh Salad Bar

Fruit Cheesecake  
or  
Fresh Fruit Salad

NEW

Reduced SUGAR

### Wednesday

Beef Wrap (Burrito) with  
Potato Wedges  
or  
Vegetable & Rice Wrap (Burrito) with  
Potato Wedges

Seasonal Vegetables  
Fresh Salad Bar

100% Fresh Fruit Ice Lolly  
or  
Fresh Fruit Salad

NEW

### Thursday

Roast Loin of Suffolk Pork,  
Stuffing, Roast Potatoes & Gravy  
or  
Roast Quorn Fillet with Stuffing, Roast  
Potatoes & Gravy

Seasonal Vegetables  
Fresh Salad Bar

Oaty Fruit Crunch & Custard  
or  
Fresh Fruit Salad

Reduced SUGAR

### Friday

Crispy Fish Fillet with Chips  
or  
Cheese & Tomato Quiche & Chips

Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar

Melting Chocolate Pudding  
or  
Fresh Fruit Salad

Reduced SUGAR

#### Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration - a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch - see schools website for details

For information on allergens & intolerances visit [www.eats-catering.co.uk](http://www.eats-catering.co.uk)

# eats.

## Week 2

Week Two commencing:  
23rd April, 14th May, 11th June  
2nd July, 23rd July, 17th September  
8th October 2018

### Monday

Pork & Apple Burger in a Bun with Wedges  
or  
Crunchy Quorn Burger in a Bun with Wedges

Seasonal Vegetables  
Fresh Salad Bar

Iced Carrot Cake  
or  
Fresh Fruit Salad

Reduced SUGAR

### Tuesday

Pasta Bolognese with Italian Tomato Bread  
or  
Vegetable Frittata with Italian Tomato Bread

Seasonal Vegetables  
Fresh Salad Bar

Banoffee Waffle & Vanilla Ice Cream  
or  
Fresh Fruit Salad

NEW

### Wednesday

Hawaiian Pizza with Salad or Coleslaw  
or  
Margherita Pizza with Salad or Coleslaw

Seasonal Vegetables  
Fresh Salad Bar

Watermelon Wedge & Fruit Yogurt  
or  
Fresh Fruit Salad

NEW

NEW

Reduced SUGAR

### Thursday

Roast Chicken, Stuffing, Roast Potatoes & Gravy  
or  
Cauliflower & Broccoli Bake with Roast Potatoes

Seasonal Vegetables  
Fresh Salad Bar

Apple Crumble with Custard  
or  
Fresh Fruit Salad

Reduced SUGAR

### Friday

Crispy Fish Fillet with Chips  
or  
Vegetarian Frankfurter Hot Dog with Chips

Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar

Jammie Doughnut Muffin  
or  
Fresh Fruit Salad

NEW

Reduced SUGAR

Available every day –

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration – a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch – see schools website for details

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## Week 3

Week Three commencing:  
30th April, 21st May, 18th June, 9th July  
3rd September, 24th September,  
15th October 2018

### Monday

Smokey Joe's Chicken with New Potatoes  
or  
Crunchy Vegetable Fingers with New Potatoes

Seasonal Vegetables  
Fresh Salad Bar

Apple Sponge Cake  
or  
Fresh Fruit Salad

Reduced SUGAR

NEW

### Tuesday

Pork Meatballs, Tomato Pasta & Garlic Slice  
or  
Vegetable Lasagne & Garlic Slice

Seasonal Vegetables  
Fresh Salad Bar

Strawberry Mousse & Biscuit  
or  
Fresh Fruit Salad

Reduced SUGAR

### Wednesday

Sweet & Sour Chicken with Rice  
or  
Cheese & Potato Pie

Seasonal Vegetables  
Fresh Salad Bar

Orange & Lemon Rice Krispie Bar  
or  
Fresh Fruit Salad

NEW

Reduced SUGAR

NEW

NEW

### Thursday

Roast Beef, Yorkshire Pudding with Roast Potatoes & Gravy  
or  
Spring Vegetable Bake with Roast Potatoes

Seasonal Vegetables  
Fresh Salad Bar

Vanilla Crunch & Custard  
or  
Fresh Fruit Salad

Reduced SUGAR

NEW

### Friday

Baked Fish Fingers with Chips  
or  
Vegetable Pancake Roll with Sweet Chilli Sauce

Seasonal Vegetables  
Baked Beans  
Fresh Salad Bar

Raspberry Ripple Ice Cream Pot & Chocolate Oat Cookie  
or  
Fresh Fruit Salad

NEW

Reduced SUGAR

Available every day –

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration – a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch – see schools website for details

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