


## Eat Well Live Well

In light of the Government's Childhood Obesity Plan, nutrition and healthy eating continues to be at the heart of everything we do. Our Eat Well Live Well Strategy outlines our commitments to supporting pupils to gain healthy eating habits for life, including;

-  Providing nutritionally balanced menus that pupils will enjoy
-  Using nutritionally preferable ingredients which are lower in fat, saturated fat, sugar and salt
-  Ensuring our homemade desserts contain a restricted amount of sugar and are in line with portion size guidance
-  Supporting pupils to gain key life skills through educational cookery and nutrition workshops
-  Educating pupils about food, seasonality and health with educational posters in the dining hall



## UNIVERSAL INFANT FREE SCHOOL MEALS

Don't forget that all Reception, Year 1 and Year 2 pupils can enjoy a school meal without charge every day.

### CONTACT US

If you have any questions on our service, or would like to enquire about employment opportunities with Autograph, please contact your local office:

#### Autograph,

South West Suite, Lower Ground Floor,  
Queens Park Villa, 30 West Drive, Brighton BN2 0QW.

Tel: 01273 818892

I am excited to share that we are **changing our name from Eden to Autograph**. The Eden name was chosen 15 years ago to represent the start of something new. Over the years we have refined and established our approach, under our FoodFarm brand, offering high quality, healthy food children enjoy eating and our teams enjoy cooking. We work in partnership with our schools, parents and children, creating a tailored **signature** food offer, so Autograph is the perfect name for us!



BROOKE



## FREE SCHOOL MEALS - LOW INCOME?

### Are you missing out?

Please call **01273 293497** to check free school meal entitlement (based on a qualifying benefit) - this may entitle you to other concessions.

## FOOD ALLERGIES AND INTOLERANCES

Autograph's award winning special diets process ensures that all pupils with allergies and intolerance's can enjoy safe and suitable school meals with their friends.

If your child has a food allergy, intolerance or other special dietary requirement please do not hesitate to contact your local Autograph Office. Alternatively you can request the 'Allergies & Intolerances Referral Form' from your school or from Brighton and Hove City Council website; all completed forms must be supported with medical referral.

[www.brighton-hove.gov.uk/schoolmeals](http://www.brighton-hove.gov.uk/schoolmeals)



# Spring / Summer Menu 2017

with **The Brights**



BRIGHTON & HOVE

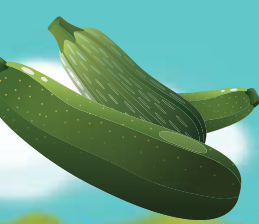


**ON A MISSION**

To inspire and educate pupils to think differently about food, cooking, health and our environment!







We hope your child enjoys the new menu and finds something they love each day! 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 [autograph.schools@interserve.com](mailto:autograph.schools@interserve.com)**



RAY

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



FORREST



We champion our fantastic **British and local farmers and suppliers** who work hard to provide us with high quality, seasonal produce!



MILES

**All of our eggs are free range** from Hoads Farm, East Sussex; all of our **meat is British and Red Tractor certified**; we use some **Fairtrade certified** ingredients; and **only use sustainably sourced fish!**



FAITH

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1 - 24/04/17, 15/05/17, 12/06/17, 03/07/17, 24/07/17, 11/09/17, 02/10/17</b>					
THE MAIN EVENT	Farm Assured Sausages with Mash and Gravy	Creamy Chicken Tikka Masala with 50/50 Rice and Cucumber Raita	Roast Beef or Chicken with Gravy and Roast or Boiled Potatoes	Classic Margherita Pizza Wedge	Fishfingers with Tomato Ketchup and Chips or Potato Salad
	Tomato and Basil Pinwheel with New Potatoes	Macaroni Cheese	Vegetable and Lentil Loaf with Gravy and Roast or Boiled Potatoes	Veggie Mince Cottage Pie	Veggie Sausage with Tomato Ketchup and Chips or Potato Salad
	Peas &/or Baked Beans	Cauliflower &/or Redslaw	Seasonal Vegetables	Broccoli &/or Sweetcorn	Carrots &/or Peas
TO FINISH	Oat & Raisin Cookie	Marble Sponge with Chocolate Sauce	Peaches & Ice Cream	Organic Carrot Cake	Coconut Melting Moments with Grapes

<b>WEEK 2 - 01/05/17, 22/05/17, 19/06/17, 10/07/17, 18,09,17, 09/10/17</b>					
THE MAIN EVENT	Farm Assured Beef Burger in a Bap with Tomato Relish and Oven Baked Potato Wedges	Chicken and Sweetcorn Pie with Potato Wedges or New Potatoes	Roast Turkey with Gravy and Roast or Mashed Potatoes	Beef Burrito with 50/50 Vegetable Rice	Breaded Fish Fillet with Tomato Ketchup and Chips or Potato Cake
	Lentil and Sweet Potato Curry with Rice	Quorn Burger in a Bap with Tomato Relish and Oven Baked Potato Wedges	Roasted Vegetable Tart with Roast or Mashed Potatoes	Margherita Pizza Slice	Roasted Vegetable Wrap with Chips or Potato Cake
	Carrots &/or Peas	Broccoli &/or Crunchy Coleslaw	Seasonal Vegetables	Carrots &/or Cauliflower	Baked Beans &/or Peas
TO FINISH	Lemon Sponge with Custard	Fruity Flapjack	Fruity Jelly and Ice Cream	Fairtrade Banana Cake	Chocolate Shortbread with Melon

<b>WEEK 3 - 08/05/17, 05/06/17, 26/06/17, 17/07/17, 04/09/17, 25/09/17</b>					
THE MAIN EVENT	Macaroni Cheese	Chicken Fajita Style Wrap with Potato Wedges	Roast Pork (Free Range) or Chicken with Gravy and Roast or Boiled Potatoes	Sausage Roll with Mashed Potatoes	Salmon Fishfingers with Tomato Ketchup and Chips or Mashed Potatoes
	Chilli Bean Burrito with 50/50 Vegetable Rice	Veggie Sausages with Mash and Gravy	Vegetable Roast with Gravy and Roast or Boiled Potatoes	Cheesy Topped Tomato and Basil Pasta Bake	Cheese & Courgette Sausages with Chips or Mashed Potatoes
	Crunchy Coleslaw &/or Sweetcorn	Beetroot & Carrot &/or Peas	Seasonal Vegetables	Carrots &/or Broccoli	Sweetcorn &/or Baked Beans
TO FINISH	Chocolate Arctic Roll	Cornflake Tart with Custard	Natural Yoghurt with Melon & Mandarins	Carrot and Courgette Cake	Oaty Biscuit with Sliced Orange

<b>Served Daily</b>	Freshly Baked Bread	Seasonal Vegetables/Salads	Fresh Fruit	Organic Yeo Valley Yoghurt
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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.

