



welcome

Welcome to the Good School Food Summer Menu. In Hertfordshire we are extremely proud of our menus and the ingredients we use. Have a look at these key menu facts and features that underpin our achievements. Good School Food is healthier and tastier than ever before in Hertfordshire.

- All of Hertfordshire's Good School Food menus comply fully with the Government's Nutrient and Food Standards.
- The chicken breast fillets used on our Roast Wednesdays are from British reared birds and are a natural product, full of great British goodness.
- Our frozen potato supplier, McCain works with over 300 UK farmers, with many of these relationships stretching back for three generations. Integral to the potato growing process is their own potato seed business, giving complete control over the quality of the potatoes they use from seed to harvest.
- The tomatoes we use during UK season have been grown in greenhouses in Anglia that have been powered by a local sugar beet factory – which was recently featured on BBC2's Jimmy's Farming Heroes.
- 38 Somerset farmers supply all the milk needed to make our cheese, and our apple juice is pressed from locally grown apples.
- The beef used in our recipes is supplied from a local farmers' consortium and, wherever possible, we use only British produce. Our suppliers actively participate in food miles reduction so we're helping the environment too!
- All our new menus are designed to offer 2 or more of your child's recommended '5 a day' fruit and vegetables – making it easier for you to provide your child's full quota of 5 a day!
- Wherever possible, we do not use ingredients with any artificial additives, colourings or preservatives and do not knowingly use any food containing GM (genetically modified) ingredients.
- A basket of freshly baked bread is offered daily and could include a selection of wholemeal breads to complement your child's meal.

Financial help for Good School Food in Hertfordshire

If your family are in receipt of certain benefits you may be entitled to claim free school meals for any children that attend a Hertfordshire County Council School.

You will need to complete an application form which is available for download from our website or by calling our customer service line on 01438 737370.

Our website address is: – www.hertsdirect.org/scholearn/canhel



soya beans

Meet our suppliers



Birds Eye Foodservice

The Birds Eye name needs no introduction. Birds Eye is one of the UK's best loved brands, with a heritage spanning nearly 100 years.

Building on the unique heritage of the Birds Eye brand, Birds Eye Foodservice is committed to producing the highest quality food, that's frozen for freshness, is naturally nutritious, sustainable and traceable.

The full product range delivers a premium, quality selection of innovative products, and as you'd expect from the Birds Eye brand, there's a core focus on healthy dining for children – with nutrition, quality and convenience the cornerstones of their Foodservice range

Birds Eye Best-sellers such as their Omega 3 Fish Fingers will deliver a clear point of difference on Hertfordshire's menu's and carry the 'Captain's Nutrition Mission' statement as a guarantee of their goodness. Hertfordshire Catering also use Birds Eye Soya Beans in their Beanie Hotpot, making this great tasting vegetarian option even more nutritious.

The Captain's Nutrition Mission builds on the already high standards set by Birds Eye, denoting that all the products are free from hydrogenated vegetable oil and are non GM, the meat products contain no added phosphates, while core lines all feature 100% prime fish fillet or 100% chicken breast. Their Omega 3 Fish Fingers are also MSC certified, ensuring the fish comes from a well-managed and sustainable fishery.

However, the Captain's Nutrition Mission goes even further, and ensures that all those products are also free from artificial colours, flavours or preservatives. What's more, the range are all 20% or less of a 5-10 year old's GDA for fat, saturated fat and salt per recommended serving, and all meet FSA Guidelines in relation to salt content.

By freezing their produce when it's at the peak of perfection, Birds Eye Foodservice lock in its freshness and natural nutrition. So the company really is 'Fresh to Foodservice'.

Birds Eye Omega 3 Fish Fingers uses fish that comes from a fishery which has been certified to the Marine Stewardship Council's environmental standard for a well-managed and sustainable fishery Food Standards Agency Voluntary Salt Reduction Targets, published March 2006



McCain

All of McCain chips are made from specially selected, 100% British potatoes for great quality, home-grown, British chips. As the largest single purchaser of potatoes in the UK, McCain is acutely aware of the responsibility it has to the countryside. Owning a British potato seed business in Montrose, Scotland means that McCain's focus on quality British potatoes starts even before planting begins, whilst working with around 300 growers across Britain ensures full traceability from field to fork.

McCain is particularly proud to be one of the largest frozen food manufacturers to join the Red Tractor Scheme which guarantees that all of the potatoes used for their chips are 100% British grown.



UK Foodhall

The UK Foodhall is committed to providing a seamless route to market for **British Farmers** to see their meat and poultry on school menus.

They are the first company to specialise in providing an **entirely British** product range, working with **assured food standards** to provide **Red Tractor** chicken and **Quality Assured** red meat. The great tasting range has been designed **specifically for schools**, with the emphasis always on the **natural healthy option**.



Great value, great tasting school meals in Hertfordshire are **JUST £1.75 for Primary School Pupils and £1.65 for Nursery Children**

All information is correct at the time of going to print. Nutritional analysis of this menu is available from our website.

Some photographs and food garnishes are for illustration purposes only

The Good School Food Guide

Summer Menu 09



Hertfordshire Catering
01707 292500
www.hertsdirect.org/catering



All main meals are served with seasonal vegetables or a choice from a selection of salad bowls. Yoghurt and fresh fruit dessert choice available daily.

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MONDAY

Pork Patties with Onion Gravy with Creamed Potatoes
Baked Bean Lasagne (v) with Herbie Bread
& Golden Syrup Sponge with Custard



MONDAY



Beef & Spinach Lasagne with Salad & Garlic Bread
Beanie Hot Pot (v) with Baked Potato Slices
& Carrot Cake with Custard



MONDAY

Sausages in Onion Gravy & Yorkshire Pudding with New Potatoes
Quorn Deli Wrap (v) with New Potatoes
& Fruit Salad with Ice Cream



TUESDAY

Spaghetti Bolognese
Creamy Vegetable Plait (v) with Baked Potato Wedges
& Fruit Peasant Pudding with Custard



TUESDAY



Salmon en Croute with Baked Diced Potatoes
Spanish Omelette (v) with Baked Diced Potatoes
& Fruit Jelly with Shortbread Biscuit



TUESDAY



Wholemeal Breaded Fish with Baked Potato Wedges
Favourite Quiche (v) with Baked Potato Wedges
& Flapjack with Custard



WEDNESDAY

Roast Gammon & Pineapple with Roasted Potatoes or Pasta Choice
Sticky Quorn Sausage (v) with Roasted Potatoes or Pasta Choice
& Apple Balckberry Muffin with Milkshake



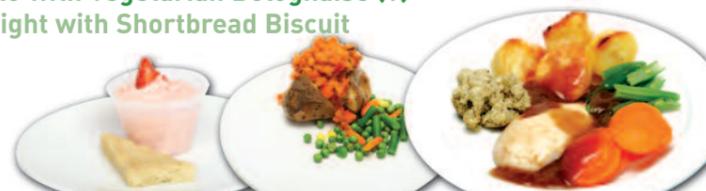
WEDNESDAY

Roast Pork & Apple Sauce with Parliament Potatoes or Pasta Choice
Cheese & Potato Slice (v) with Parliament Potatoes or Pasta Choice
& Oatie Date Layer with Ice Cream



WEDNESDAY

Roast Chicken & Stuffing with Roasted Potatoes or Pasta Choice
Jacket Potato with Vegetarian Bolognese (v)
& Angel Delight with Shortbread Biscuit



THURSDAY

Traditional Chicken Pie with Baked Potato Slices
Jacket Potato with Cheesy Coleslaw (v)
& Favourite Cookie with Apple Juice



THURSDAY



Jerk Chicken Fajita & Salad with Baked Potato Wedges
Jacket Potato with Cheese & Onion (v)
& Devon Split with Milkshake



THURSDAY



Savoury Mince Crumble with Diced Potatoes
Macaroni Cheese (v) with Garlic Bread
& Fruit Slice with Custard



FRIDAY

Fish Fingers with Low Fat Chips or Pasta Choice
Cheese & Tomato Pizza (v) with Low Fat Chips or Pasta Choice
& Chocolate Krispie with Chocolate Sauce



FRIDAY



Favourite Pizza with Low Fat Chips or Pasta Choice
Spicy Bean Burger (v) with Low Fat Chips or Pasta Choice
& Chocolate Sponge with Chocolate Sauce



FRIDAY



Lamb & Garden Mint Grills with Low Fat Chips or Pasta Choice
Cheese & Tomato Pizza (v) with Low Fat Chips or Pasta Choice
& Iced Sponge Finger with Milkshake



Menu dates for Hertfordshire schools

● = Week 1 ● = Week 2 ● = Week 3 ● = Holidays ● = Bank Holidays

Month	MON	TUES	WED	THURS	FRI	SAT	SUN
APRIL	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30			
MAY	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31
JUNE	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30					
JULY	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		
SEPTEMBER	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30				
OCTOBER	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	

Some menus or items on the menu are subject to change without notice. We apologise in advance if this happens. Some holiday dates are subject to local variations - please check with your child's school. A vegetarian option is available on request.

KEY

- McCains Product
- Birds Eye Product
- 20% Bigger Fish Portion
- Vegetarian
- UK Chicken
- UK Pork
- UK Lamb

- 5 A DAY
- Healthy Schools
- SCHOOL FEAST
- MILLION MEALS
- Hertfordshire Produce

Where possible Hertfordshire Catering use fresh British fruit and vegetables from Histon Produce