

Enfield Catering Services

Dedicated to Food, Health and Education

Autumn/Winter 2016/17

Newsletter

Introduction

Welcome to the third edition of our newsletter with up to date information on our food as well as our latest news. Please take the time to look at our website www.myschoollunch.co.uk/enfield, as well as our Facebook page, Twitter and Instagram which are all updated with our latest news and pictures.

Exciting new look!

We are extremely pleased to introduce our new look and feel branding. We hope you agree it gives us a modern and fresh look. We have already branded a few schools, including De Bohun, Capel Manor, Raglan, St Monica's and Southbury. We look forward to meeting with all our schools to discuss these exciting changes.



De Bohun

Capel Manor



Raglan

Southbury

Our Vision and Values

We are proud to be the number one choice for schools in Enfield and strive to provide a quality catering service that meets the needs of our schools and pupils now and in the future. We are dedicated to food, health and education we have further developed a clear vision, and engaged with all our staff to ensure a consistent approach to our values.

Cllr Ayfer Orhan, Enfield Council's Cabinet Member for Education, Children's services and Protection, said: "Our catering service is among the best in London with a growing reputation for its attention to maintaining high standards. Sourcing quality ingredients, our cooks produce carefully balanced meals... and have a string of industry recognition awards to show for it."



 Enfield School Meals

 Enfield Catering

 Enfield Catering

www.myschoollunch.co.uk/enfield

Introducing Our new Area Chef Manager

Sheron Brown was previously our Chef Supervisor at Brettenham Primary school. Sheron has a City & Guilds qualification in General Catering & Hotel Management. She will be responsible for the area management of around 18 primary schools. Welcome Sheron!



Our Monitoring Officer

Manisha joined us recently and her role includes daily site visits to kitchens to ensure high standards of food hygiene as well as health & safety. Manisha has a level 4 qualification in Audit, as well as a level 3 in Supervising Food Safety.



Silver Catering Mark

Enfield Catering are leading the way in fresh and ethically-sourced food and we have been awarded for our commitment to this. All our schools, including our Secondaries are now at silver level.



What is included in this prestigious award:

- We only use British free-range eggs that are locally-sourced.
- Our food is freshly cooked on site.
- Animal welfare is very important and all the meat we use is classified under a farm-assurance scheme. Furthermore we are working with Compassion in World Farming.
- We only use sustainable fish (MSC-certified), and thus do not contribute to the problem of over-fishing.
- We use some organic produce, e.g. milk, oats, Yeo Valley™ yoghurt, tinned tomatoes and baked beans.
- Using seasonal and locally-sourced produce.

Examples of our local produce includes our apples and pears which come from Kent, and salad items from the Lea Valley.

- Our menus meet the Government's nutrition standards.

Did you know?

Our waste vegetable oil is converted to Biodiesel. Oil is collected from school kitchens by an Edmonton based company who convert it to biodiesel. A gallon of biodiesel can provide users with 3.2 times the energy it takes to produce it, higher than most alternative fuels. Furthermore Biodiesel reduces net CO2 emissions by 78% compared to petroleum diesel.



Double celebrations Kitchen openings and our MSC accreditation!

We are delighted to report that Lavender and Galliard schools have new kitchens. We held special events at both schools in celebration of this, and gaining our full accreditation from the Marine Stewardship Council (MSC). This accreditation means we are only purchasing sustainable fish, and thus not contributing to depletion of fish stocks. For more information about sustainable fish, and fish to avoid, please visit www.msc.org

At both schools we arranged a sustainable fish tasting event including classic fish pie, honey & soy salmon and 'bubble bubble' fish nuggets cooked by our Menu Development Chef Tony, Mehayde Karami and Debbie Freeman (Chef Supervisors at Galliard and Lavender respectively).

The events were very well attended by pupils and parents who enjoyed the tasters and we received comments such as "I found all the food really enjoyable" and "well made and looked appetising"

Galliard school Headteacher Penny Sullivan said: "Children enjoy their lunchtimes and have great fun choosing appetising meals, and learning social skills dining with their friends."



Fantastic Feedback from Prince of Wales School!

"I thought I just needed to drop you a line to tell you how impressed our school are with the quality of all the school meals here at Prince of Wales. Gem leads a good team where everyone feels valued. Every member of her team takes pride in what they prepare and want the children to enjoy the food they offer. The salad bar means that so many more children are choosing healthy options to add to their meal." Julia Clarke, Deputy Head



Photo Gallery

The Jack Petchey award for Penny!

Well done to Penny at Enfield County who was nominated by staff and pupils for leadership, motivational skills, hard work and kindness, and doing what it takes to keep her customers happy. Penny said: *"I love my job, I always want to give 100 per cent! This Jack Petchey award means so much to me, because it means I am doing my job properly, and I am making people happy!"* Here she is with Jenny Tosh, Chief Education Officer.



Thank you to... Louis at Bowes

Louis shows his true passion for food with innovative and educational displays to engage pupils! "Thank you to Louis and his catering team for always making events so special for the children."



Jacqueline at St Michael's (Brigadier Hill)

"When a child in my class became anxious about moving onto school dinners Jacqueline listened to his concerns and talked him through her menu, he hasn't looked back since!"

Mr Floyd, Senior Leadership Team

"Mmmm! If you paid for these meals in a restaurant, you wouldn't be disappointed!"

Jan Matthews, Headteacher



Naz at Highfield

"Being able to have school dinners not only has provided him with warm lunches, it has also enabled him to make friends and play with different children that he would not usually have befriended whilst on packed lunch as they are on different sittings. It has also enabled me to save time in the mornings and save money instead of purchasing items for lunches daily. I am writing this letter because I am commending Naz (ECS Cook Supervisor). Her services have been over and beyond that was expected of her." Parent at the school



Queen's birthday Celebrations

Schools throughout the borough celebrate the Queen's 90th birthday. This is our Cook Supervisor at St Edmund's, Renata, as well as both Susans at St John's with their impressive cakes.



Competition Winners

Congratulations to the competition winners from Oakthorpe Primary, George Spicer and St Monica's schools – not only did they have their favourite dish added to our menu but all received a Kindle Fire and case for their prize!



South American Day St Andrew's Southgate



Changes to Vitamin D Recommendations

Approximately 1 in 5 people in the UK have low vitamin D levels. Vitamin D is important for maintaining healthy bones, teeth and muscles. We receive Vitamin D in small amounts from some foods (e.g. eggs, oily fish). Our skin is also able to absorb Vitamin D from sunlight.

In July 2016, following a review of the current recommendations for vitamin D by the Scientific Advisory Committee on Nutrition (SACN), recommendations for vitamin D intake have now changed. It is now believed many of us do not absorb enough vitamin D from sunlight and food sources to maintain our vitamin D levels throughout the whole year. New recommendations therefore state we should consider taking a daily 10ug Vitamin D supplement during the months of October to March. Children aged 1-4 years, and those with very little or no sunshine exposure to their skin, should take a vitamin D supplement daily throughout the whole year. Additional recommendations are made for babies under 1 year.

For further information on Vitamin D please speak to your GP or pharmacist.



Interesting fact!

Damaged bags of sugar are a frequent occurrence due to the packaging and handling of the food, but our grocery

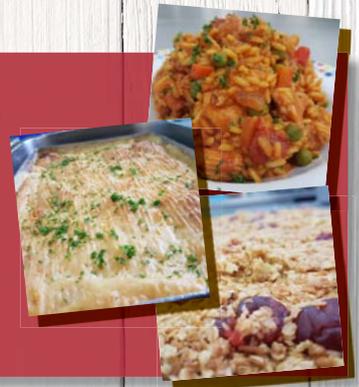
supplier has found an environmentally-friendly way to use them by donating them to Bee keepers. Throughout Britain, honey bees eat a substantial amount of sugar when they stop collecting their own supplies from flowering plants and need food from elsewhere to help them survive. The autumn months are commonly the time of year chosen to feed sugar syrup as a supplement by Bee Keepers to ensure that honey bees have sufficient stores to assist them through the winter and to prevent starvation. Bees help keep plants and crops alive by pollination, hence being very crucial to our own existence.

New Schools

We are pleased to announce three new schools joining our service from September 2016. Welcome Meridian Angel Primary, St John and St James Primary School and the Alternative Centre for Education.

New Dishes

Our new menu includes Texas ranch chili, Chicken Paella, Teriyaki Salmon, Cherry & Coconut flapjack and black cherry and chocolate sponge.



Infant Free School Meals

It is now the third year of free school meals to all Infants. All pupils in Reception, Year one and Year two are entitled to receive a school meal at no cost to the parent or guardian. This can save you around £400 per year per child if you take up the offer.

It is still really important you register your child for free school meals to ensure the school receives extra funding for your child (the "pupil premium"). If you have any queries, please ask your child's school office or call pupil benefits on 020 8379 5367.

Recipe

Portions:
Serves 4-6
people

Texas Ranch Chilli

Ingredients

Minced Beef	1lb or 500g
Fresh Chilli (add more if you like it spicy)	1
Garlic	1 clove
Cumin	1tbl
Oregano	1tsp
Smoked Paprika	1tbl
Onions – Chunky Dice	1 medium
Carrots – Chunky Dice (approx. 1cm square)	1 large
Sweet Potato – Chunky Dice	1 large
Butter Beans	1 small tin
Borlotti Beans (or Pinto Beans)	1 small tin
Tinned Chopped Tomatoes	1 tin
Tomato Puree	1tbl
Chicken Stock	1 stock cube
Seasoning	To taste

Method

1. Fry the onion, carrots and garlic in a little oil until softened, add the spices and herbs and fry gently for a few minutes.
2. Add the mince and cook until browned, drain off any excess fat.
3. Add the tomato puree and cook for a minute.
4. Add the rest of the ingredients and simmer gently for 20 to 30 minutes (until the carrots and sweet potatoes are tender).

Allergen Information

Always check the ingredients you are using if catering for those with allergies.

