

Enfield Catering Services

Dedicated to Food, Health and Education

Winter 2018/19

Newsletter

Introduction

Welcome to our Autumn / Winter newsletter. We hope you find the articles interesting and informative. We all know that food matters, this is why we make it our business to provide high quality, tasty meals. Our friendly professional staff taking every opportunity to promote healthy eating with an aim to building good eating habits that will last pupils a lifetime. We are proud to be dedicated to Food, Health and Education.



We are proud to be holders of the Silver Food For Life Served Here Award for all our schools!

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 in recognition. 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 by providing natural habitats for wildlife.



Did you know?

All our secondary schools have been given the highest food hygiene rating by the Food Standards Agency!



 **Enfield School Meals**

 **Enfield Catering**

www.myschoollunch.co.uk/enfield

ENFIELD
Council 



Fresh appetising food and great customer service!

Tasty food that is good for you

With a variety of innovative and tasty dishes that are healthy and convenient encouraging pupils to fuel up, ready to make the most of the school day!

Jennie Gumbrell, Headteacher at Enfield County School said: "We are delighted that Enfield Catering Services were able to involve our girls in the development of new menu from September 2018.

"A variety of lunch and dessert tasters were prepared in consultation with our girls to test the palate – this was a great success! As we know, young people have a wide range of likes and dislikes when it comes to food but our girls revelled in the opportunity to put forward their ideas and vision to the catering team.

"This initiative has provided a menu of high quality food with lots of variety to meet the needs of all our girls. I would like to take this opportunity to thank the Enfield Catering Services team for all their efforts in providing this new menu to our school."

Salad bar available with a hot meal



Tony's choice



Mama's Meatballs

Makes 4-6 portions

Ingredients

Ready rolled Meatballs*	1lb/500g
Crushed Clove of Garlic	1
Onion Chopped	1 large
Chopped Tomatoes	1 tin
Basil (fresh)	1 bunch
Sugar	1 tsp
Seasoning	To taste

Method

1. Seal the Meatballs on a medium heat in a little olive oil, once they are a light golden-brown all-over, set the meatballs to one side.
2. Fry the onion and garlic in the same pan gently until the onions have softened.
3. Add the tomatoes, sugar and basil. Simmer gently for 15 minutes and then add the meatballs back into the pan and continue to simmer with a lid on for another 20 minutes.
4. Check and adjust seasoning to your taste and serve with your favourite pasta or rice.

Allergen Information

*Please check ingredients for allergen information.

ECS Development Chef supporting Enfield County Pupils in some of their Food Technology lessons

During a creative cooking lesson Enfield Catering Services Menu Development Chef Anthony Georgiou helps pupils cook up some delicious dishes including cottage pie and Jamaican Patties.



Win a Kindle!

Take part in our parent/pupil survey Winter 2018 and you could win a kindle!

Visit www.myschoollunch.co.uk/enfield ...and click Parent/Pupil Survey Winter 2018



ECS making healthy eating easy



British Nutrition Foundation (BNF) Healthy Eating Week is the perfect time to work together to focus on healthy education and celebrate healthy living. There are five health challenges at the heart of BNF Healthy Eating Week, Enfield schools focused on "Have 5 A Day." All Enfield schools took part in 'fruit of the day promotions' which included guava and passion fruit! Fresh fruit smoothies were also made on site and offered to pupils to encourage good lifelong eating habits.



Left: Penny, Unit Chef Manager, Enfield County School

Below: Derick, Unit Chef Manager, Bishop Stopford's School



Back to the floor

Director of Commercial Services, Nicky Fieldler was treated to a day with Unit Chef Manager Rhema at Latymer All Saints Primary School as part of a "Back to the floor" project. Nicky spent the day assisting Rhema with tasks such as sandwich making, as well as a very important job of mashing the potato!



Nicky Fieldler & Rhema, Unit Chef Manager, Latymer All Saints School Kitchen

Alison says - less salt, more flavour!



A high intake of salt can lead to high blood pressure, heart disease and strokes. It is difficult to know exactly how much salt we're having each day, foods such as stocks, sauces, crisps and breads can all be high in salt. Reading food labels is a good way to work out how much salt is in what you're eating. Low salt is anything with less than 0.3g salt per 100g and anything more than 1.5g of salt per 100g is classed as high in salt.

Cooking food from scratch is the easiest way to control how much salt you have each day. At ECS we use herbs and spices and even lemon juice and vinegar to create maximum flavour with minimal amounts of salt. We also make our own BBQ and tomato-based sauces which



cuts out a lot of the salt that would be in these sauces if we bought them pre-prepared.

Children should aim to have no more than 5g of salt a day and adults no more than 6g (that's roughly one teaspoon a day!). Next time you're out shopping why not have a look at the food labels on some of the foods you eat regularly and see how much salt they contain.

Enfield County School Parent Taster

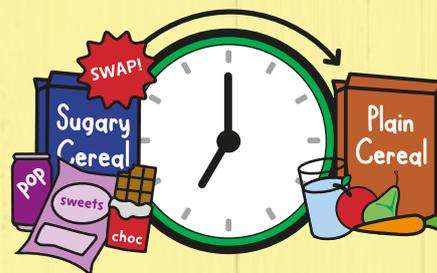
What better way to introduce pupils and parents to our service than an invitation to come along and try some of the dishes on offer.



Parents and pupils were offered a selection on tasters from the current menu including Mama's Meatballs, Hot Wings, American Mac & Cheese, Pilaf & Red Coleslaw.

You can become sugar smart too!

Enfield Council is encouraging, mums, dads, grandparents, aunts, uncles, teachers and pupils, residents and staff to be **sugar smart**.



Too much sugar can lead to weight gain and various health conditions such as Type 2 diabetes, heart disease and stroke. It is estimated that children are having nearly three times more sugar than they should.

Take the challenge to make the healthier choice and cut down on sugar.

Make the **Sugar Smart Pledge**. Share your ideas for cutting down on sugar **#HealthyEnfield**.

www.enfield.gov.uk/sugarsmart



The Felix Project

Hundreds of school children and their families are being given free, nutritious food that would have previously been thrown away, courtesy of charity The Felix Project. The project is now delivering to over 20 of Enfield's primary schools, so parents and children can take away food to prepare healthy meals or snacks.

The Felix Project is a charity that collects good quality surplus food from producers and suppliers. The food is stored in a depot in Enfield and food is then delivered to schools for parents and children to take away, and also to

community groups and charities who can provide meals or food parcels.. There is a steadily growing number of suppliers making donations; Reynolds, Greggs, Warburtons, Bookers, Lidl, Sainsbury's, Ocado, M&S and JJs Foodservice are some of the businesses who are currently donating surplus food that could have otherwise been sent away in rubbish bins.

If you'd like to volunteer, please contact the Felix Project via its website www.thefelixproject.org



Pictured here are Julia, Jane and Alison with the Council Leader Cllr Caliskan and the team at the Felix Project

Did you know you can now sign up to receive email updates about school meals and other topics relating to education and children? To sign up please visit www.enfield.gov.uk