

# THE MARLBOROUGH SCIENCE ACADEMY

## CATERING NEWSLETTER

edwards & blake

a fresh approach to quality catering

### Autumn 2013



### Welcome to Edwards & Blake.....

The health and well being of students is a prime concern of The Marlborough Science Academy. It is also shared by Edwards & Blake. With years of experience in education catering we provide nutritious, varied and interesting meal choices to suit all tastes and dietary requirements throughout the school. Our food is always fresh, homemade and utilising the best locally sourced ingredients.

Our aim is to provide the students of The Marlborough Science Academy with an exceptional catering experience and to exceed your expectations whilst maintaining our high standards. We welcome any comments or suggestions so please contact a member of our catering department with your ideas.

Edwards & Blake are a well established privately owned, owner operated contract catering company, based here in East Anglia. Our menus are all nutritionally analysed in accordance with the Schools Food Trust standards.

### SCHOOL LUNCHES.....*the healthy choice!*

National standards for school food mean that academies provide all students choosing a school lunch with a healthy and balanced range of food and drinks to choose from. Food based standards also apply across the school day including breakfast & mid-morning break. School lunches must include a portion of fruit and a portion of vegetables for each student and there are strict controls on the nutritional content.

Compared to an average packed lunch, academies lunches contain

significantly more essential vitamins such as vitamin c and folate,

And essential minerals such as iron and calcium. These are vital nutrients for young people's health & development.



Research shows that students are more likely to concentrate in lessons if they have eaten a nutritionally balanced lunch in a pleasant environment.



By choosing school lunches, not only will you be saving yourself the time and hassle of preparing a packed lunch everyday, but you can also be sure that your child is getting the range and amount of food that will help contribute to their health and well-being.

We are proud to have achieved the following healthy initiatives in the academy.

- Meals contain no undesirable food additives or hydrogenated fats
- 75% of meals are freshly prepared
- Meat is from farms which satisfy UK welfare standards
- Eggs are from cage-free hens
- Menus are seasonal
- Training is provided for all catering staff
- No GM ingredients are used

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# SAMPLE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT GRAB & GO From £1.00	Bacon Bagel  Garlic & Cheese Pizza (v)	Cheese & Salsa Panini (v) Beef & Horseradish Mayo Baguette	Cajun Chicken Sub  Margherita Wholemeal Pizza (v)	BBQ Bean Panini (v)  Homemade Beef Burger	Sour Cream & Chive Jacket Skins (v)  Ham & Cheddar Sub
THEATRE TO GO £1.60	Sizzling Beef Fajita	Southern Style Chicken Bun with Shredded Salad & a Choice of Toppings	Tomato & Vegetable Wrap (v)	Hog Roast Baguette	Mexican Chicken & Rice Burrito
WORLD FLAVOURS HOT POT £1.60	Sweet & Sour Vegetables with Rice (v)	Beef Chow Mein with Stir Fried Vegetables	Thai Green Chicken Curry	Macaroni Cheese (v)	Pork Jambalaya
SOUP OF THE DAY £1.05	Scotch Broth (v)	Cream of Vegetable (v)	Pea & Mint (v)	Traditional Tomato (v)	Carrot & Lentil (v)
SCHOOL CLASSICS £1.70 £1.95 with 'Something Sweet'	Turkey Escalope with Spicy Jacket Wedges & Sweetcorn	Cheese & Potato Pie with Baked Beans (v)	Roast Pork or Stuffed Mushrooms (v) with Roast Potatoes, Homemade Apple Sauce, Seasonal Vegetables & Gravy	Minced Beef & Onion Pie with New Potatoes & Seasonal Vegetables	Homemade Battered Fish with Chips & Peas or Baked Beans
DELI TO GO	A delicious range of sandwiches, baguettes, wraps, baps and salads Homemade yoghurts, fruit salads, dessert pots & homemade cakes				
SOMETHING SWEET 60p	Banana & Toffee Waffles with Ice Cream	Viennese Tart with Custard	Chocolate Muffin	Bakewell Tart with Custard	Rice Pudding with Strawberry Compote

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**BACK TO SCHOOL**



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**TASTY ORIENTAL DISHES**



**FLAGS OF EUROPE  
COMPETITION**



**BONFIRE FAVOURITES**

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SAUSAGE WEEK**



**COUNTDOWN TO CHRISTMAS**



**HAVE LUNCH ON US!**

Simply hand this voucher to a member of catering staff  
week commencing 2nd September 2013 for your free lunch up to the value of £1.95

NAME: \_\_\_\_\_

YEAR GROUP: \_\_\_\_\_

*One voucher per student*