



TASTY

HEALTHY

Fresh

FREE
SCHOOL MEALS FOR
RECEPTION, YEAR 1
AND YEAR 2

SCHOOL MEALS GUIDE 2018/19

MYSCHOOLLUNCH.CO.UK/SURREY

FEEDING SURREY'S CHILDREN for a HEALTHY FUTURE



Surrey County Council's Commercial Services provide more than 55,000 tasty school meals across the county each day. We are proud to serve dishes made with quality ingredients produced by farmers and growers who take care of their animals, the habitat and the Great British countryside

Every day, your child will receive a fresh and healthy meal cooked from scratch by our professional team using local and regional red tractor and organic accredited produce.

We do not use undesirable additives, flavourings, colourings, genetically modified foods or mechanically reclaimed meat.

We limit the amount of salt we use, oven bake foods to reduce the fat in our dishes and have developed low fat and low sugar recipes.

Why choose a school meal?

We firmly believe that eating a well balanced midday meal will:

- promote concentration
- help to maintain good behaviours
- assist in improving academic achievement.



fresh food YOU CAN TRUST




Surrey Commercial Services were awarded the 'Gold' Food for Life Served Here award in 2015 for the meals served in our primary schools.

The accreditation is only awarded following thorough inspection by the Soil Association. We are inspected annually so that we can show we continue to maintain these high standards.

Our menu features a minimum of 15% of organic ingredients and 80% of the food we serve is always freshly prepared and cooked from scratch daily by our professional caterers.

For more information about the Food for Life Served Here Award please visit:
www.soilassociation.org/catering.



OUR COMMITMENT TO YOU

OUR MEALS ARE
FREE FROM
NASTY ADDITIVES
AND TRANS FATS

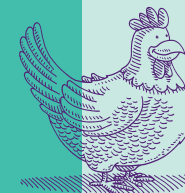


OUR DISHES ARE
**FRESHLY
PREPARED**

OUR MENUS ARE
SEASONAL
AND INCLUDE
LOCAL
INGREDIENTS



**ALL OUR
MEAT**
CAN BE TRACED BACK TO
THE FARM



WE DO NOT SERVE
ANY ENDANGERED FISH
AND ALL OUR
EGGS ARE FROM
**CAGE FREE
HENS**

THE MARKS of QUALITY



Organic: We serve organic milk, minced beef, pork sausages, pork meatballs and beef burgers.



Red Tractor: We only serve British Red Tractor - Farm Assured meat, poultry and cheese which provide peace of mind that our food has been sourced from farmers committed to good food safety and animal welfare.



MSC Certified Fish: We continue to support marine conservation by only using MSC certified fish from sustainable fisheries on our menus.



The Good Egg Award: We only use free range eggs in all of our recipes. Our menus have been accredited with the Good Egg Award. Eggs are produced by happy and healthy hens that are free to roam across the family run Great Hookley Farm at Elstead in Surrey. We also use mayonnaise made with free range eggs.



Hospitality Assured: We are accredited with Hospitality Assured; the quality standard for service and business excellence created by the Institute of Hospitality specifically for customer facing businesses.



ISO 9001: Commercial Services has also been accredited with ISO 9001:2015. This followed a rigorous external audit process to validate our management process and procedures, corporate responsibilities and policies to satisfy the requirements of our stakeholders and customers. The principles upon which our quality management systems are based are:

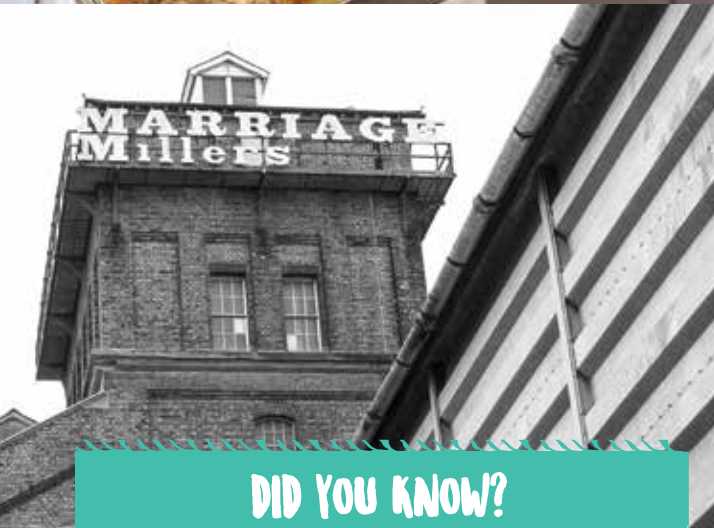
- Customer focus
- Leadership
- Engagement & people
- Process approach
- Improvement
- Evidence based decision making
- Relationship management



MEET
the
SUPPLIER

W&H MARRIAGE
& SONS

FAMILY RUN FLOUR MILL



DID YOU KNOW?

School caterers make fresh bread from scratch each day using four basic ingredients. We offer unlimited bread at lunchtimes which is popular with pupils who choose to take it.



W & H Marriage & Sons Ltd has been milling flour in Essex since 1824. Today, the company is owned and run by the fifth and sixth generations of the Marriage family.

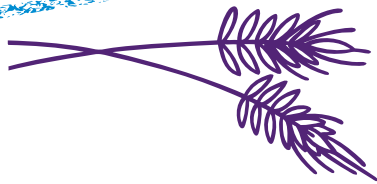
They are committed to selecting the best quality wheat, sourcing much from farmers based within 25–30 miles of Chelmer Mills.

Marriage's flour is produced using a combination of traditional techniques used for generations and the best modern milling technology. The flour is traditionally milled on horizontal French Burr stones, which play a vital part in the taste and texture of the flour. We use their Great Taste Award-winning stoneground golden wholemeal flours in all our bread and dessert options.



ORGANIC

SERVED HERE



Organic milk has proven nutritional benefits, such as high tiers of Omega-3 essential fatty acid. Serving organic food provides reassurance as pesticides are rarely found in organic foods. Organically raised animals are not given antibiotics, growth hormones or fed animal by-products. Our menus feature the following organic ingredients.

We use:

- Organic milk from Devon farms, which meets the highest environmental standards. The cows are fed on organic farmed fields, using no artificial pesticides or fertilisers that are free from genetically modified food.
- Organic pork from pigs, which are organically reared to the highest standards in animal welfare and are truly free to roam in open fields.
- Organic sausages from Langfords the award winning Welsh Sausage Company.
- Organic minced beef from the West Midlands.



DID YOU KNOW?

The ingredients or products that feature on our menus do not contain undesirable additives, flavourings or colourings. For further information please visit our website.



LOCAL

FARM FRESH

produce



We are passionate about the quality of food served in Surrey's schools and have worked tirelessly to source and support local suppliers, buying what is in season from as close to home as possible. Buying local produce supports local employment and retains money within the local economy which demonstrates social responsibility and reduces food miles. Our menus change twice yearly to reflect seasonal produce.

- We only use free range eggs from Great Hookley Farm in Elstead, Surrey.
- Yoghurts are sourced from an award winning family owned dairy in the South Downs. All of our yoghurts are sweetened with Stevia (a plant based sweetener).
- Flour is sourced by a family run flour millers in Essex who have milled flour since 1824.
- Apples are sourced during the growing season from orchards in Kent.
- Fruit and vegetables are sourced locally and regionally during the growing season.
- We offer unlimited vegetables to pupils as part of the meal offer.



DID YOU KNOW?

Commercial Services is committed to offering salad items on a daily basis. This can be in the form of a 'help yourself' salad bar, a bowl of salad on the service counter or crudité's. All salads are freshly prepared daily.





SUPPORTING LEARNING



We work with schools to support school growing clubs. This involves the use of fresh produce grown by pupils to include in the dishes on our menus and feature on our salad bars.

We have worked with McCain Foods and six schools to develop a 'growing in schools' programme that links food and learning. This includes a potato growing project, which involves seed planting, growing, harvesting, developing recipes and tasting freshly harvested produce.

We work closely with schools to educate pupils regarding food origins and meet with Pupil Forums and School Councils to hold food tasting events prior to launching new foods and recipes on our menus.



DID YOU KNOW?

We serve Turners yoghurts, sourced from an award winning family owned dairy based in the South Downs. Its products are aimed at healthy eating and only use the freshest finest ingredients and don't contain artificial flavours, additives or thickening agents.



MEET *the* SUPPLIER

FARMER'S OVEN

POTATO GROWERS



We use Farmer's Oven fresh potatoes who grow varieties of potatoes that have an excellent flavour and are true all-rounders capable of roasting, baking, mashing and boiling.

The family farming business specialises in the production of top quality potatoes from beautiful limestone soils and lies on the edge of the Lincolnshire Wolds. The farm focusses on creating zero waste and as such all of the potato peelings are fed to the farms 250 beef cattle and 400 pedigree sheep. Once the animals have finished, any waste is spread onto the land for the production of wheat and cereal crops ensuring zero waste.



AN AWARD WINNING Team

The Food Development Team's efforts were recognised in October 2017 when in association with Pelican Procurement they received a Catey award.



The team provide high-quality, ethically sourced and nutritious food for the 55,000 meals it serves daily – that's 10.7 million meals a year.

Every step of the way, the team focus is on ensuring full traceability of all raw ingredients from field to fork. Good animal welfare, avoidance of endangered species and ethical and sustainable sourcing are all important considerations, with assurance standards and audits in place. Genetically modified food, mechanically removed meat, trans fats and undesirable additives, flavourings and colourings are banned.

DID YOU KNOW?

In primary schools last year we purchased:

- 105,799 litres of yoghurt
- 385,800 local free range eggs
- 852,676 chicken breasts
- 109,952 litres organic milk
- 128 tonnes of flour
- 29,400 tonnes of Red Tractor cheese
- 100 tonnes of organic pork
- 41 tonnes of organic beef



WHAT THE JUDGES SAID

"The focus by Surrey County Council on a set of goals including sustainability, organic and provenance is impressive, as is the passion and pride for the job in hand."

Peter Ducker, Chief executive
Institute of Hospitality

"The positive impact Surrey has had on the school catering sector could be a case study for other councils and caterers."

Vishal Joneja
Partners in Purchasing



The school food plan

UNIVERSAL FREE SCHOOL MEALS

What is the school food plan?*

The Government provides funding to enable primary schools in England to offer a free meal to every child in their reception classes, year 1 and year 2.

Improved health and wellbeing

We know, from pilot projects, that school meals can have significant health benefits for individual children.

Pupils in the pilot areas were found to eat more healthily and perform better academically.

Free school meals have the potential to transform schools, improving the health and wellbeing of its pupils and reducing obesity in children.

It is reported that only 1% of packed lunches meet the Government's school food standards.

What does this mean for me?

If your child is in reception classes year 1 and year 2 you could save over £400 per year per child!

Plus your child will receive a nutritious balanced meal that contributes to one third of a child's daily nutritional requirement, which aids concentration and helps with learning.

Children in year 3 and above may still qualify for a free school lunch. Speak to the school office for further information.

Your child will receive quality food, freshly prepared from scratch each day on site, cooked and served by catering professionals.

We hope that you will support this initiative and encourage your child to try a school meal and endorse this plan.



The dining experience

When children eat with their peers it often encourages them to try and taste new foods and dishes, which they may not have experienced previously. The dining experience encourages pupils to engage in conversation and assists with the development of personal social skills.

The school meal service also provides themed lunch events that link into the schools' curriculum and introducing your children to taste sensations from around the world.

Improved educational attainment

Many studies have shown that hunger affects concentration and that well nourished children fare better at school. Good food provision in schools has been shown to lead not only to healthier children but to improved attainment.

Schools also report improved behaviour and atmosphere, as a result of all pupils (and an increasing number of teachers) eating together in the dining hall every day.

Practical cooking skills

The Government has also recognised the importance of equipping today's children with the necessary skills required to feed themselves. Cooking lessons form part of the curriculum for children up to the age of 14.

The curriculum emphasises the importance of cooking nutritious, savoury dishes. It will help your children understand where food comes from, alongside encouraging creativity in the kitchen.

WHAT DO I NEED TO DO?

You will need to register your interest to have a free school meal direct with your school.

For further information on school meals visit:

myschoollunch.co.uk/surrey or
surreycc.gov.uk/schoolmeals

LOOKING FOR TERM TIME CATERING WORK?

Would you like to work for a successful catering business in a term time school setting?

We are recruiting enthusiastic catering staff across all levels from catering assistants to qualified catering professionals, with a flair for cooking using fresh quality ingredients to the highest standards.

You will help children in school remain focussed throughout the day by keeping them fuelled with healthy and nutritious food.

There are a number of positions available from 10 hours per week (Monday – Friday) in a variety of locations across Surrey. Our hourly rates start at £8.46.

Previous experience is not necessary for Catering Assistant roles as full training will be provided. Along with a generous flexible benefits package, you will have the opportunity to join the Local Government Pension Scheme.

We are committed to supporting a training and career development programme offering a rewarding, stimulating and challenging career path that's open and fair every step of the way.

If you require more information about vacancies in your area or for an informal chat, please phone 07773 535506 or apply online at www.surreycc.gov.uk/jobs and search in the job category 'catering careers'.





MEET *the* SUPPLIER

GREAT HOOKLEY FARM

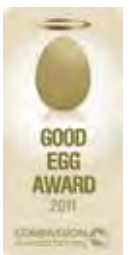
FREE RANGE EGGS

Great Hookley Farm supply free range eggs, produced by happy and healthy hens who roam across their family farm in Elstead, Surrey.

Great Hookley Farm free range eggs are assured under the Laid in Britain scheme, which ensures that the highest standards of welfare, hygiene and environmental practices are in place and monitored.

DID YOU KNOW?

We only serve mayonnaise made from free range eggs.



FURTHER INFORMATION

Special diets

We support therapeutic and religious dietary requirements and provide the following menus:

- gluten free
- dairy free
- egg free
- soya free
- vegan
- allergen aware.

Diabetics

We publish the carbohydrate and non-milk extrinsic sugar levels in our dishes on our website

www.myschoollunch.co.uk/surrey

Disclaimer: Information regarding the carbohydrate content of dishes is provided to assist dieticians and parents calculate intake for diabetic children. This information, whilst as accurate as possible, should be considered advisory. Product labels, which are available in the kitchen, should be referred to for source data. The menu may be subject to change to meet local needs.

Allergens

Some foods cause food intolerances or allergic reactions. We highlight 25 allergens in our primary school menus, which are published on our website.

A special dietary request form is available from your child's school office and must be completed and approved prior to the provision of a specific allergen free menu.

Vegetarian / Vegan

Our menus provide the following daily vegetarian options:

- a main course choice each day
- unlimited vegetables
- a salad bar offer
- desserts (all our dessert options are suitable for vegetarians).

In support of the Food for Life accreditation, we provide 'meat free Mondays' in all schools. We have also launched a weekly vegan menu to meet the needs of our vegan customers.

Payment

Most schools operate an online payment system for school meals. Visit your child's school office and ask for details on how to make a payment or visit your school's website for more information. All primary school children in reception classes, year 1 and year 2 are entitled to a free school meal. Pupils in years 3 and above may also be entitled to a free school meal. Check with your school office to make sure you don't miss out on this great saving. For more information visit www.gov.uk/apply-free-school-meals



USEFUL WEBSITES

www.schoolfoodplan.com

An agreed plan that has the support of the Government and diverse organisations who are supporting headteachers to improve food in their schools.

www.soilassociation.org

The Soil Association is the UK's leading membership charity campaigning for healthy, humane and sustainable food, farming and land use.

www.gov.uk/apply-free-school-meals

Information and eligibility requirements for free school meals.

www.msc.org

The Marine Stewardship Council works with partners to transform the world's seafood markets and promote sustainable fishing practices.

www.vegsoc.org

The Vegetarian Society is an educational charity.

www.hacsg.org.uk

The Hyperactive Children's Support Group is a registered charity that has been successfully helping attention deficit hyperactivity disorder (ADHD) and hyperactive children and their families.

www.cwt.org.uk

The Caroline Walker Trust is dedicated to the improvement of public health through good food.

www.nhs.uk/change4life

Eat well, move more, live longer. The change for life campaign provides recipes and information regarding healthy lifestyles.

www.food.gov.uk

The Food Standards agency.

GREAT VALUE FOR MONEY

A two course nutritionally balanced meal for £2.25 represents excellent value for money. (£2.30 from September 2018).

WE'D LOVE TO HEAR FROM YOU

We are interested to receive feedback as it helps us understand what you need from us. Please take a few moments to tell us what you think about the school meal catering service by completing the online questionnaire. On visiting the site go to the 'parents' section and follow the 'what do you think' link.

OUR CUSTOMER PROMISE

Our customer promise is to:

- make it easy for you to contact us
- provide a quality, value for money flexible service
- keep you informed by responding in a timely manner to all enquiries
- doing the right things at the right time.

MENU CHANGES

Please check with the school as some minor menu changes may be necessary dependant upon the school's kitchen facilities or as specified by the school. Any changes will be published on the school's menu board.



FOR MORE INFORMATION ON ANYTHING IN THIS BOOKLET, PLEASE VISIT:
myschoollunch.co.uk/surrey