

Feeding Young Minds

What's Cooking with ēats. School Meals?

Feeding your children is our 'bread and butter', and we take that responsibility seriously. Everything is in place for a safe return to school, with fresh, nutritious meals ready to fuel learning, support wellbeing and make lunchtime something to look forward to.

Who We Are

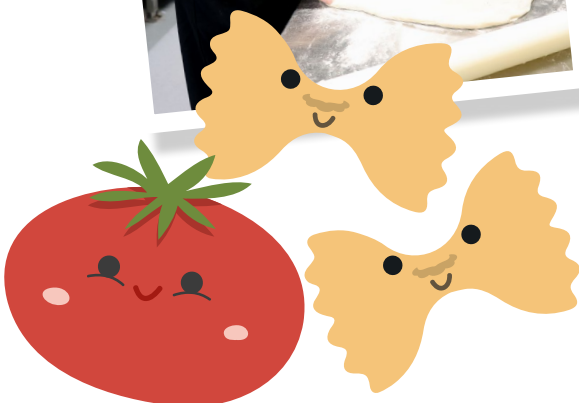
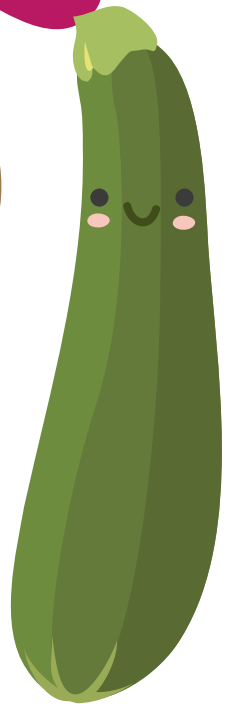
Eats (Vertas Education) Catering is proud to be your school's catering partner. With over 40 years of experience, we serve more than 1.5 million meals annually across Suffolk, Norfolk and Essex. Our expert team of over 200 catering professionals bring passion, care and consistency to every meal we serve.

We are committed to building strong relationships with schools and tailoring our service to the needs of each community. We're excited to welcome your child this term and look forward to making mealtimes the highlight of their day.



What to Expect

- Our nutritious menus follow School Food Standards guidelines.
- Meals are prepared in our school kitchens by our trained catering teams using locally sourced ingredients where possible.
- Our packed lunch offer is a convenient and delicious alternative to hot lunches, allowing students the flexibility and choice around a selection of meals.
- Our menus change and adapt, reflecting seasonal produce, trends and feedback from students, schools and parents.





Passionate About Food: Fresh, Local, Made from Scratch

At Vertas, we believe great food starts with great values. Our Passionate About Food ethos is a commitment to integrity and care in every dish we serve.

Where possible, every meal uses local, seasonal ingredients you can trust, from field to fork. This helps us serve meals that are not only nutritious and tasty but also support wellbeing and good behaviour in the classroom.

[Here](#) is a recipe from our current menu for you to try at home.

Try our
bolognese
recipe



Our Food Ethos Built on Partnership, Powered by Community

We are proud to be part of your school community. Our food ethos is grounded in five core values: sustainability, consistency, integrity, partnership and agility.

Our partnership approach means every school we work with benefits from a catering service that is part of its community. Our locally based teams understand your school's values and priorities, delivering food that feels right at home.

This commitment goes beyond the kitchen. We support the wider school experience through curriculum-enriched theme days and seasonal events that tie in with the school calendar. From sports days to student engagement activities, we're proud to play a role in creating memorable moments that bring your school community together.



Special Diets and Food Allergens

At Vertas, we want every child to enjoy their meal safely and with confidence, and so we take allergens and special dietary needs seriously.

Our menus clearly identify allergens, and our trained kitchen team follow strict food safety procedures. Whether your child requires gluten-free, dairy-free, vegetarian, vegan, or other special diets, we work hard to provide meals that meet their needs.

If your child has specific dietary requirements, please don't hesitate to get in touch. We're here to work with you and your school to ensure every meal is a positive and enjoyable experience for your child.





Spring/ Summer 2025 Menu

Allergen key:

May Contain in ()



Peanuts
P



Nuts
N



Crustaceans
(Shellfish)
CR



Molluscs
(Shellfish)
MO



Fish
F



Eggs
E



Milk
MI



Cereals
containing
Gluten
G



Soya
S



Sesame
seeds
SS



Celery
CE



Mustard
MU



Lupin
L



Sulphur
Dioxide
SD

Week 1

Option 1 Main Dish

Option 2 Alternative Dish

Dessert

Monday

Macaroni Cheese, Seasonal Vegetables **G;MI**

Five Bean Chilli with Rice, Seasonal Vegetables **MU;**

Frozen Fruit Smoothie or Fresh Fruit or Jelly

Tuesday

Chicken Bites with Herby Diced Potatoes, Seasonal Vegetables **G;CE**

Vegetable Lasagne, Seasonal Vegetables **G;MI;(E)**

Shortbread Cookie **G;** or Fresh Fruit or Jelly

Wednesday

Roast Chicken, Roast Potatoes, Seasonal Vegetables, Yorkshire Pudding, Gravy **G;MI;E**

Roast Quorn, Roast Potatoes, Seasonal Vegetables, Yorkshire Pudding, Gravy **G;MI;E**

Flapjack **G;** or Fresh Fruit or Jelly

Thursday

Ham Topped Pizza, Potato Wedges, Seasonal Vegetables **G;MI;S;(E)**

Vegetable Pasta, Seasonal Vegetables **G;**

Iced Sponge **G;E** or Fresh Fruit or Jelly

Friday

Battered Fish & Chips with Baked Beans or Peas **G;F**

Vegetable Goujons & Chips with Beans or Peas

Cupcake **G;E;** or Fresh Fruit or Jelly

Option 3 Baked Potato



Monday

Baked Potato with Grated Cheese **MI;** or Baked Beans & Salad

Tuesday

Baked Potato with Grated Cheese **MI;** or Baked Beans & Salad

Wednesday

Baked Potato with Grated Cheese **MI;** or Baked Beans or Tuna Mayo **E;F** & Salad

Thursday

Baked Potato with Grated Cheese **MI;** or Baked Beans & Salad

Friday

Baked Potato with Grated Cheese **MI;** or Baked Beans & Salad

Dessert

Dessert of the Day

Option 4 Packed Lunch



Monday

Cheese Wrap **MI;G** or Ham Wrap **G;**, Sausage Roll **G;MI;S;SD** or Veg Sausage Roll, **G;S;(MI)**, Carrot Sticks & Apple Wedge

Tuesday

Cheese Roll **MI;G;(SS)** or Ham Roll **G;(SS)**, Popcorn, Cucumber Sticks & Satsuma

Wednesday

Cheese Wrap **MI;G** or Ham Wrap **G;** or Tuna **Wrap E;F;**, Nachos (S), Carrot Sticks & Apple Wedge

Thursday

Cheese Roll **MI;G;(SS)** or Ham Roll **G;(SS)**, Sausage **G;SD** or Veg Sausage **S;**, Cucumber Sticks & Satsuma

Friday

Cheese Wrap **MI;G;(SS)** or Ham Wrap **G;(SS)**, Pizza Finger **G;MI;S;(E)**, Carrot Sticks & Apple Wedge

Dessert

Dessert of the Day

Please Refer to Separate Menu for Gluten Free, Dairy Free and Vegan Options.

Salad Options Available Daily.



Applying for Free School Meals

If you think your child is eligible to benefit from pupil premium funding and to receive Free School Meals please apply directly via your local County Council website.

Universal Infant Free School Meals (UIFSM)

All infant pupils in reception, year 1 and year 2 are eligible for Universal Infants Free School Meals.

If you receive benefits and your child gets Universal Infant Free School Meals you should still apply online for Free School Meals. This will allow your school to receive extra funding.



Making the Difference Sustainably

We take a proactive approach to reducing our environmental impact, implementing eco-friendly practices in our kitchens so that we can do our bit to protect the planet for future generations.

We use locally sourced ingredients to cut food miles and monitor pupil preferences to minimise food waste. To further lower our carbon footprint, we offer a variety of non-meat alternatives and convert used cooking oil into biodiesel to promote cleaner energy. We record kitchen food waste and recycle it to convert into renewable resources such as electricity, heat and compost.

We are excited to be part of your child's school experience and are here to help every step of the way.

Warm wishes,

The Vertas Education Catering Team