



# School Meals



**CITY**  
catering

FUELLING THE FUTURE

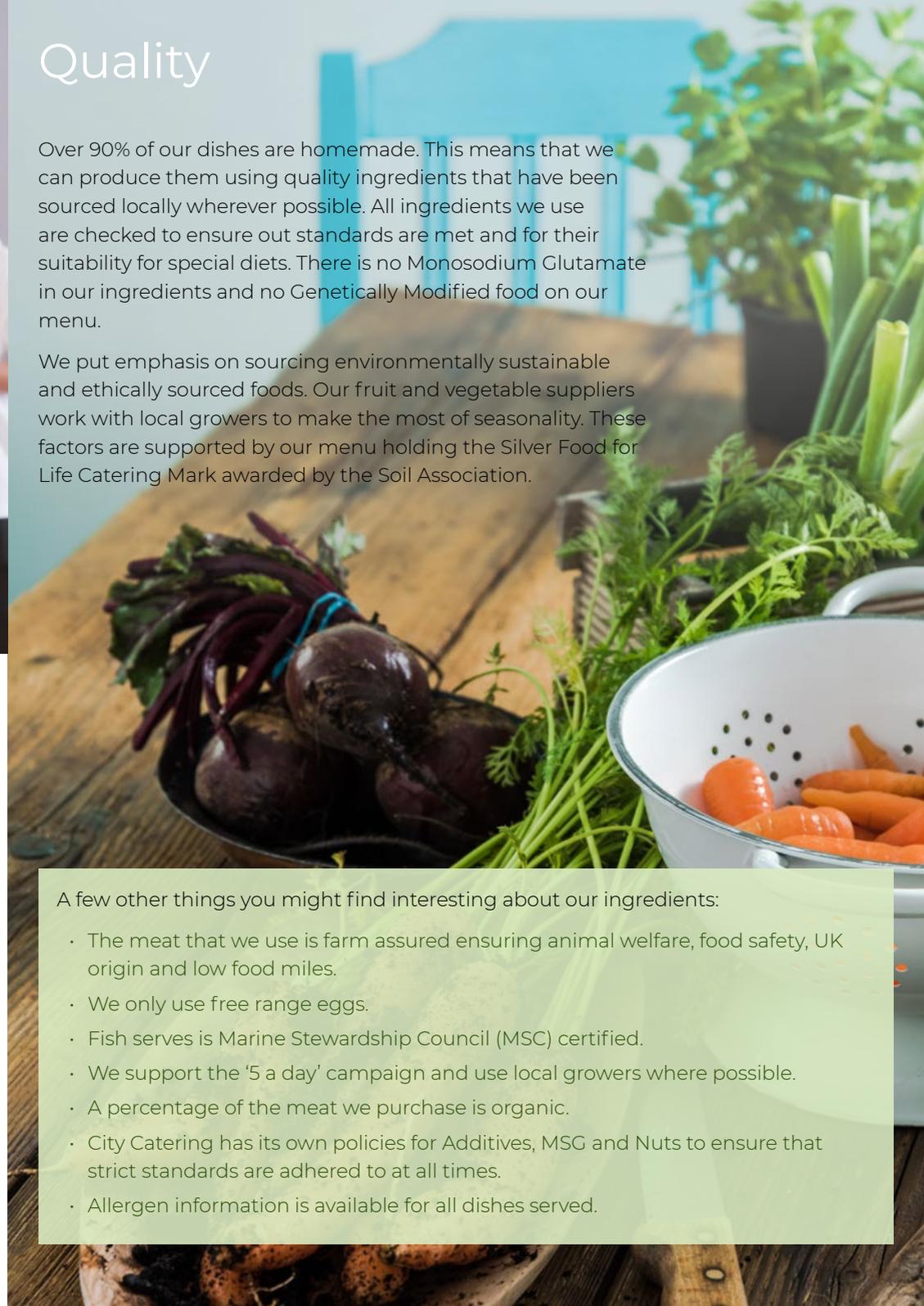
*Big enough to matter,  
small enough to care!*



# Quality

Over 90% of our dishes are homemade. This means that we can produce them using quality ingredients that have been sourced locally wherever possible. All ingredients we use are checked to ensure our standards are met and for their suitability for special diets. There is no Monosodium Glutamate in our ingredients and no Genetically Modified food on our menu.

We put emphasis on sourcing environmentally sustainable and ethically sourced foods. Our fruit and vegetable suppliers work with local growers to make the most of seasonality. These factors are supported by our menu holding the Silver Food for Life Catering Mark awarded by the Soil Association.



## City Catering's Values

We believe that food plays an important part in the school day. By providing pupils with a healthy, nutritionally balanced meal we help to support their learning and development during the day.

Our dedicated team some of whom are based in your school work hard to ensure that we deliver a range of meals each school day which will be enjoyed by your child. Our staff in your school are all fully trained and DBS cleared.

Eating in company helps to develop social skills so we aim to give all pupils the opportunity to have a school meal. For those with special medical dietary

requirements the menu can be adapted to suit individual needs. We aim to offer similar options where possible so that pupils appear to be eating the same foods. We meet with parents individually to put this process in place.

We take pride in serving all of our meals on Staffordshire manufactured plates and bowls, supporting the City's pottery heritage.

The health and wellbeing of pupils is and always will be our main focus, this is supported by us being locally based non-profit making business.

A few other things you might find interesting about our ingredients:

- The meat that we use is farm assured ensuring animal welfare, food safety, UK origin and low food miles.
- We only use free range eggs.
- Fish serves is Marine Stewardship Council (MSC) certified.
- We support the '5 a day' campaign and use local growers where possible.
- A percentage of the meat we purchase is organic.
- City Catering has its own policies for Additives, MSG and Nuts to ensure that strict standards are adhered to at all times.
- Allergen information is available for all dishes served.



## Your School's Menu

The menu offer in your school has been chosen by pupils at your school. A consultation process was carried out during the Summer Term; this included asking pupils to vote on the dishes they wanted to see on the menu. Allowing schools to have this input means that each school's menu meets the preferred tastes of that school.

Once pupils had made their selection a three week menu cycle was created to ensure that the offer complies with the School Food Standards put in to place by the government. If you wish to find out more visit [www.schoolfoodplan.com](http://www.schoolfoodplan.com) Our display menus main course options

are shown as meals, these act as a guide for pupils but are not set in stone. When pupils make their choice at the serving area they can choose what carbohydrates and vegetables they would like to accompany their choice. Portion sizes are in line with those recommended by the Children's Food Trust. Getting your correct portion size is important but does need balancing with changing appetites so flexible portioning is adopted on the carbohydrate choice to support main protein items.

In order to keep pupil's classic favourites on the menu we carefully select our ingredients and use healthier cooking methods. We do not fry goods, oil is not

added to the cooking process and dishes are made and cooked to our recipes not bought in prepared. Our kitchens hold the 'Eating Well to be Well' award which is an initiative within Stoke on Trent to promote healthier eating to customers. It is awarded by the Environmental Health Team following a strict assessment process.

There is always a selection of salad items and fresh bread (locally baked to our own recipe) available for pupils to have as an addition to their chosen meal at no extra cost.

Sometimes pupils prefer to choose the 'deli' option of a sandwich, baguette or wrap, or a filled Jacket Potato. There are a range of fillings available daily. Pupils still have a choice of dessert and drink with

this option and access to the selection of salad and fresh bread.

Each day pupils have a choice of dessert items. We always offer a traditional homemade dessert. Custard is optional for those who like it. The recipes for these desserts as with all of our recipes are carefully designed to use less fat, salt and sugar. Our chocolate desserts don't actually contain 'chocolate'. If pupils prefer they can choose from yogurt, Fresh Fruit or Crackers and Cheese.

Each meal is accompanied by a choice of drink. These options are all compliant with food standards.

If you wish to find out the cost of meals in your school please contact your school directly.



## Free Meals for Reception, Year One and Year Two

100% FREE

Take advantage of the government scheme (Universal Infant Free School Meals) which provides all pupils in Reception, Year 1 and Year 2 with a free school meal each day.

This scheme is an excellent initiative which saves parents time as there is no need to worry about preparing a packed lunch for school but more importantly saves money.

Welfare Free School Meals are still available for those who are eligible across all year groups.

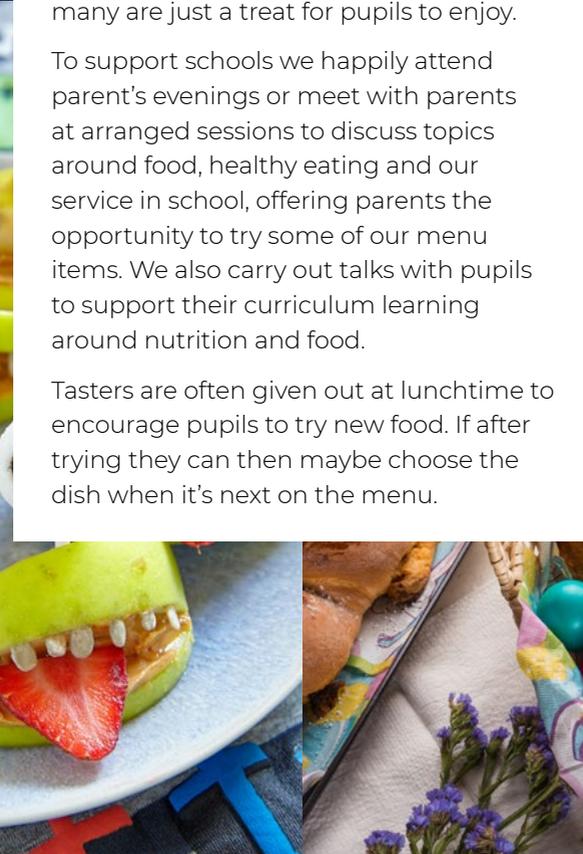


## Did you know?

On occasions throughout the school year we will change the regular menu to celebrate special calendar dates, celebrations or to support topics on the curriculum. These menu changes allow us to offer pupils the opportunity to experience different foods and dishes but many are just a treat for pupils to enjoy.

To support schools we happily attend parent's evenings or meet with parents at arranged sessions to discuss topics around food, healthy eating and our service in school, offering parents the opportunity to try some of our menu items. We also carry out talks with pupils to support their curriculum learning around nutrition and food.

Tasters are often given out at lunchtime to encourage pupils to try new food. If after trying they can then maybe choose the dish when it's next on the menu.





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