

# Catering Information for New Year 7 Pupils at St Edmund Arrowsmith Catholic High School





**Academy Catering are proud to provide the catering at St Edmund Arrowsmith Catholic High School.**

We work in partnership with the School to provide nutritious and satisfying meals for all dietary needs.

We are excited to work with St Edmund Arrowsmith as the pupils are at the centre of everything they do.

We hope that the content of this brochure is proof of our commitment to the pupils and parents at the school.



## FSM Information

Your child may qualify for free school meals if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

# Save £475

## Per year – apply now



### Benefits to having a free meal

- Your son receives a well-balanced meal
- Less money spent at the supermarket
- No more time spent preparing lunches
- Keeps energy levels up and aids learning
- Parents can monitor what their child is eating each day on-line

**Save £475 per year – that's £2.50 per day (meal deal at lunch)**



## Important to know

To redeem:

- No ticket required
- No stigma attached
- Anonymous
- Allowance automatically updated, so no need for you to do anything

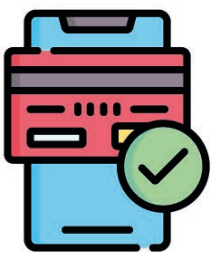
**If you have any questions, please contact Mrs S Chapman on 01942 728651 for further information.**

## What can I get for my free meal allowance?

**Example 1 - Sandwich Meal Deal** Buy any sandwich, choose a shortbread, or a piece of fruit and a 500ml plain water £2.50

**Example 2 - Pasta and Sauce Deal** Buy a Pasta and Sauce, choose a shortbread, or a piece of fruit and a 500ml plain water £2.50

**Example 3 - Main Meal Deal** Main Meal/Veggie Meal of the Day with a 500ml Water, choose a shortbread or piece of fruit £2.50



## Cunningham's online payment system

- On-line payments, pay anywhere in real time via SIMS PAY
- Allergen Information displayed when a pupils name is displayed
- Speeds up service
- No need for cash in school



**Any Questions? Speak to our Catering Manager at [cstedmundarrowsmithschool@atalianworld.com](mailto:cstedmundarrowsmithschool@atalianworld.com)**

# Weekly Menus - Examples

	Academy Main	Academy Theme Bar	Academy Snack	Academy WOK 2 Bowl	Academy Sides	Academy Garden
<b>MONDAY</b>	Homemade Chicken Curry	Global Kitchen Mexican Burritos	Beef Burger	Herby Tomato Sauce served with Pasta	Boiled Rice	Garden Peas
<b>TUESDAY</b>	Beef Lasagne served with Garlic Bread	Ciao Pizza Pizza Selection	Spicy Chicken Wrap	Chicken Korma served with Rice	Baked Wedges	Sweetcorn
<b>WEDNESDAY</b>	Roast Chicken & Stuffing	Chicken Shed Chicken Selection	Hot Dog	Arrabiata Sauce served with Pasta	Roasted Potatoes	Spring Greens & Sliced Carrots
<b>THURSDAY</b>	Meat & Potato Pie served with Red Cabbage	Wrap Shack Wrap Selection	Donner Kebab	Katsu Chicken served with Noodles	Baby Potatoes	Broccoli
<b>FRIDAY</b>	Catch of the Day	Ciao Pizza Pizza Selection	Crispy Chicken Burger	Herby Tomato Sauce	Chips	Mushy Peas & Baked Beans

## WEEK ONE MENU



**SEASONAL KITCHEN**

**Food Allergies & Intolerance** If you require information on allergens or suffer from a food intolerance please speak to a team member before you order your food or drinks.

# Weekly Menus - Examples



## WEEK TWO MENU



	Academy Main	Academy Theme Bar	Academy Snack	Academy WOK 2 Bowl	Academy Sides	Academy Garden
MONDAY	Mac & Cheese	Halo Food Truck Ramen Asian Noodles	Hot Meat filled Baguette	Herby Tomato Sauce served with Pasta	Garlic Bread Slice	Garden Peas
TUESDAY	Savoury Mince & Yorkshire Pudding	Ciao Pizza Pizza Selection	Spicy Chicken Wrap	Chicken Tikka served with Rice	Mashed Potato	Green Beans
WEDNESDAY	Roast Gammon	Chicken Shed Chicken Selection	Spring Rolls with Sweet chilli Sauce	Bolognise Sauce served with Pasta	Roast Potatoes	Diced Carrots & Broccoli
THURSDAY	All Day Breakfast	Wrap Shack Wrap Selection	Salt & Pepper Chicken	Chicken Chow Mein served with Noodles	Hash Brown	Grilled Tomato & Baked Beans
FRIDAY	Catch of the Day	Ciao Pizza Pizza Selection	Crispy Chicken Burger	Herby Tomato Sauce	Chips	Mushy Peas & Baked Beans

**Food Allergies & Intolerance** If you require information on allergens or suffer from a food intolerance please speak to a team member before you order your food or drinks.



**SEASONAL KITCHEN**

# Monthly Themes

To add interest, we take part in various theme days.

# WHAT'S COMING UP

## SEPTEMBER - DECEMBER 2021

### September

### October

### November

### December

**BRITISH FOOD FORTNIGHT**  
SATURDAY 18TH SEPTEMBER - SUNDAY 3RD OCTOBER



We are proudly supporting British Food Fortnight. The traditions by some British food items are centuries long but we still eat them and it's delicious. Food miles in Britain and our country look to our sites to our process. To celebrate, we have a menu filled with delicious ingredients from some of our favourite British growers and suppliers.

September 2021


**NATIONAL CURRY WEEK**  
MONDAY 4TH OCTOBER - SUNDAY 10TH OCTOBER



Curry is a delicious mix of wonderful spices and aromatic tastes. With wonderful meats, delicious sides and fresh bread, we make it always a favourite. The National Curry Week - why curry something new from our menu and have fun experimenting?

October 2021

**CELEBRATING DIWALI**  
THURSDAY 4TH NOVEMBER



Dwell in the five-day Festival of Lights. The word Diwali comes from the Sanskrit word 'dipavali', meaning 'rows of lighted lamps'. It is celebrated by Hindus, Sikhs and Jains and is marked by light music and beautiful lights and oil lamps, called diyas, in houses and homes.

November 2021


**CELEBRATING CHRISTMAS**



Get in the Christmas spirit with our delicious festive treats.

December 2021

**CELEBRATING ROALD DAHL DAY**  
MONDAY 13TH SEPTEMBER



We love Roald Dahl, and to celebrate his birthday we are making a Bird Pie, inspired by The Twits.

September 2021


**WORLD VEGETARIAN DAY**  
FRIDAY 1ST OCTOBER



WRAP SHACK

October 2021

**NATIONAL SANDWICH DAY**  
WEDNESDAY 3RD NOVEMBER



November 2021


**GERMAN CHRISTMAS MARKET**



Enjoy our German Christmas market which will be bursting with festive cheer and wonderful Christmas food.

December 2021


**FOOD TOUR SPAIN**



Enjoy the fresh Mediterranean tastes of our Spanish menu.

September 2021

**FOOD TOUR FRANCE**



French food is famous for classic dishes and deep flavours. Try our French menu, filled with classic French ingredients.

October 2021

**FOOD TOUR TURKEY**



Turkey is renowned for its wonderful food filled with marinated meats and flavourful vegetable dishes. Try our Turkish menu to find out why it is so popular around the world.

November 2021

**FOOD TOUR GERMANY**



Germany is famous for hearty meals filled with meat and cheese. From classic bratwurst to Knaustratz, Germany's own version of macaroni and cheese, is the perfect comfort food for a cold winter's day!

December 2021

Please make the school aware if you have any reactions to the 14 allergens. Also, let us know if you have any other dietary requirements by email at [catering@wirralgrammarboys.com](mailto:catering@wirralgrammarboys.com)

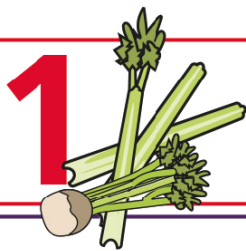
# 14 Allergens

Coming to a food label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



## Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

## Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

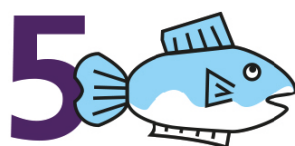


## Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

## Eggs



## Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

## Lupin







## 7 Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

## 8 Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews



## 9 Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

## 10 Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



## 11 Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

## 12 Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



## 13 Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

## 14 Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



For more information, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy) or [nhs.uk/conditions/allergies](http://nhs.uk/conditions/allergies)

✉ Sign up to our allergy alerts on [food.gov.uk/email](http://food.gov.uk/email), or follow [#AllergyAlert](https://twitter.com/AllergyAlert) on Twitter and Facebook

f Let's keep connected at [food.gov.uk/facebook](http://food.gov.uk/facebook)

t Join our conversation @[food.gov.uk/twitter](https://twitter.com/food.gov.uk)

YouTube Watch us on [food.gov.uk/youtube](http://food.gov.uk/youtube)

# ALLERGEN AWARENESS

Academy makes every effort to identify allergens used as deliberate ingredients and prevent contact contamination throughout food production.

However due to the high risk of cross-contact in this area, we cannot guarantee that food prepared here does not contain allergens other than those intended.

Customers with food allergies  
should be aware of this risk



## NATASHA'S LAW – STATEMENT OF INTENT

Natasha's Law becomes legal guidance in the UK on the 1<sup>st</sup> October 2021. Atalian Servest Food Co (incorporating Angel Hill Food Co, Academy Education, and Academy Healthcare) are committed to ensuring that the company meets all legal guidelines to comply with this legislation.

The aim of Atalian Servest Food Co is always to provide the highest standards of food hygiene and food safety. To ensure that all of the guidelines laid out in the legislation are fully complied with, the duty to take all reasonable precautions and exercise due diligence will be delegated throughout the management structure and to all levels of staff. The company will therefore support both management and staff to achieve this legal compliance.

Our intention to manage the implementation of Natasha's Law is ;

- The QHSE Team will create and issue a PPDS Allergen Risk Assessment which will be carried out by The Operations Team on each of their sites to ascertain the risks associated with each individual premises and outline the actions required to remove those risks.
- All Catering colleagues will receive initial training via an in house video in the first instance, refreshing on current allergen legislation and introducing them to the new legislation
- All Catering colleagues will complete an eLearning training module on Natasha's Law. This will cover the correct procedures for producing, packaging and labelling PPDS products under the legislation. This will be monitored by testing and observation of activities through audits.
- We will work closely with a professional labelling software company who will produce and advise us on the implementation of fully compliant labelling under Natasha's Law
- Our Purchasing Compliance Manager will be working in collaboration with all of our nominated suppliers to ensure that their labelling of our incoming supplies is fully compliant.
- Our Development Chef Team will produce specifications for all PPDS foods that we will be producing in our business. This is in conjunction with the compliance team to ensure no deviations are made in products used or recipes followed.
- The QHSE Team will be fully engaged in the process and be advising to ensure all deadlines are met. The QHSE Team will conduct audits on all compliance under Natasha's Law.

This Statement of Intent will form part of Atalian Servest full policy document to be issued  
3/08/2021



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