

Fresh Food,  
Fabulous Flavours

# Farm to Fork

by... Cityserve

School Meal Information



# Welcome



Welcome to Cityserve – Birmingham's foremost and largest provider of nutritious and tasty student food. This is a flavour of what will be delivered within your school in the coming terms. Starting a new school or year-group is very exciting and so is *lunch time*! Encouraging everyone that lunchtimes are a fun part of the school day we offer lots of different, delicious, healthy and nutritious foods to try.

## At Cityserve.....

Everyday across Birmingham we provide over 70,000 students with nutritious, tasty food – so it's fair to say we know a thing or two about school meals! Every plate is freshly prepared using the finest locally sourced ingredients so that all learners have access to healthy and nutritionally balanced meals - helping with their development both in and out of school. At Cityserve you can be assured that pupils' welfare is at the heart of everything we do. We're not motivated to cut corners or costs to return dividends to shareholders - the health and wellbeing of our young people is our priority.



## Value for Money

Our meals are excellent value and ensure that every student is prepared to learn and live well. All Infant school children (Reception and Years 1 and 2) are entitled to a free school meal, which saves around £400 a year against the cost of a daily packed lunch. You can be assured of a nutritionally balanced meal that isn't 'fast-food'!



# Tuition of Nutrition

## Better Eating leads to Better learning

Our menus are as diverse as our City and are developed to meet the School Food Plan which is about delivering good food and encouraging healthy choices leading to overall happiness and wellbeing. Eating healthier food like fruit and vegetables, whole grains and oily fish is promoted, whilst deep fried foods, manufactured meat products and sugary drinks are restricted. This helps to develop a healthy attitude towards food from a very early age.

Every day, our meals include at least:

- 2 portions of fruit and vegetables (we aim to reduce the 80% of children not currently achieving their '5 a day' by promoting healthy dishes in a fun and engaging way)
- Starchy carbohydrates such as rice and pasta to provide energy
- Dairy food rich in calcium for strong bones and teeth
- Protein from meat and fish to support the body's growth and repair
- Milk or water

To find out more information please visit [www.schoolfoodplan.com](http://www.schoolfoodplan.com)  
We are actively engaged in many Health & Wellbeing Groups in Birmingham, seeking to prevent childhood obesity and diabetes and are naturally aligned to the Birmingham Public Health team. Children who eat better are more able to learn and are healthier and happier people.

## Keeping it Local

### Supporting the West Midlands

All of our suppliers are located within 22 miles of Birmingham City Centre. We do this to support the local economy, keep the food as fresh as possible and to reduce the impact of 'food-miles' on the environment. We buy sustainable ingredients from sustainable sources:

- MSC (Marine Stewardship Council) sustainable fish products
- Red Tractor Products – food from trustworthy sources
- Organic products
- Fairtrade Products - empowering disadvantaged producers in developing countries
- Free Range Eggs

Our suppliers also support our local food bank initiatives and assist with food donations and deliveries.



# Growing Minds

## From Farm to Fork and Seed to Plate

We believe in the importance of understanding where food comes from by kick-starting imaginations through growing, picking, preparing and eating wholesome fresh food. We support the national 'Incredible Edible' Network [www.incredibleediblenetwork.org.uk](http://www.incredibleediblenetwork.org.uk) through our Seed to Plate scheme – and provide funding to schools to create their own garden farms. We also work with schools to help develop lesson plans to incorporate cooking skills and healthy living – including encouraging student teams into entering competitions such as McDougall's Young Baking Team of the Year.

## Variety is the Spice of Life!

We have regular theme days to capture the imagination and bring learning to life - a celebration of multi-cultural global events, or local activities where an exciting menu is offered to celebrate and create discussion and learning topics.

Menus change weekly. Most schools operate a 3 week menu, which take account of seasonal variations.

School Favourites Monday	School Favourites Tuesday	Roast Dinner Wednesday	World Food Thursday	Fishy Friday
Baked Sausages & Gravy	Lamb Hotpot	Roast Chicken & Gravy	Creamy Chicken Pasta Curry	Broccoli Fritter & Ketchup (DSC)
Melty Macaroni Cheese	Tangy Spinach & Potato Casserole	Vegetable Hotpot	Spiced Vegetable Sausage	Mixed Bean Crispbake
Jacket Potatoes & Tuna Mayo/mustard or Grated Cheese	Vegetable Chilli	Tuna & Red Onion Frittata	Fisherman's Curry	
Garlic Bread Slice	Baked Jacket Potatoes	Roasted Potatoes	Bean Salad	10 Jacket Potatoes
Billy Tea Pastiches	1/2 Wholemeal Feta Bread	Vegetable Pudding	3 Bean Salad	Baked Beans on Tomato Sauce
Garden Peas	Sweetcorn	Cabbage	Seasonal Mixed Vegetables	Fresh Celery Crunch
Sliced Carrots	Green Beans	Carrot & Swede Satsumi	Broccoli Florets	Garden peas
Corrie Cracked	Apple Crumble & Creamy Custard - 80% Fruit	Smoked Salmon Fingert	Finchapple Upside Down Cake - 80% Fruit	Vanilla Ice Cream
Carton of Semi Skimmed Milk	Carton of Semi Skimmed Milk	Carton of Semi Skimmed Milk	Carton of Semi Skimmed Milk	Carton of Semi Skimmed Milk
Mulder Fresh & Creamy Yoghurt	Mulder Fresh & Creamy Yoghurt	Mulder Fresh & Creamy Yoghurt	Mulder Fresh & Creamy Yoghurt	Mulder Fresh & Creamy Yoghurt
Fresh Fruit Salad		Fresh Fruit Puffin		Fresh Fruit Puffin

Fresh Seasonal Salad Box, Wholemeal Bread & Drinking Water available daily

Food Presentation & Quality

No Fat is added from the Market. Wherever possible, Free to Good! Co., Fairtrade Products - We Use Fairtrade Bananas & Fruit Juice. Free Range Eggs are Used in Our Recipes - We Have the 'Hatched Egg' Award. Where Possible, Our Meat, Fruit & Vegetables are Locally Sourced (Subject to Availability). Organic - We Use Some Organic Yoghurt, Meat & Milk (Subject to Availability). Most of Our Fish is from Sustainable Sources.

WEEK 1



Theme days include:

Eid

Diwali

Easter



For more information please e-mail : [cityserveinfo@birmingham.gov.uk](mailto:cityserveinfo@birmingham.gov.uk)