

THE SMARTIES CHALLENGE

Dear Parents/Carers

On the last day of term your child/children will come home with a tube of Smarties. Once they've enjoyed eating them, they need to keep the tube!

We would like your child to collect and hopefully fill the empty tube with as many 20p coins they can. They can do this by completing tasks or achievements over the Easter holidays. They then return the tubes to school before Friday the 26th April.

Hopefully this will help challenge your kids, incentivise them to get some jobs done over the Easter break and of course, to have some fun!

Families with more than one child in school please feel free to return just one tube.

Alternative sweets will be issued to those with allergies.

We are hoping to fund new Astro turf along the top playground this term to help eliminate the mud issues at playtime, this will help a great deal in achieving this.

As always thank you so much for your continued support!

Happy Easter!

Kind regards
The PTFA



Fund raising initiative For Clare Primary

We're excited about a new ongoing way to help raise funds for our school whilst helping recycle ink cartridges that normally get thrown away. The initiative doesn't cost a penny and it's great for the environment as most can be reused providing a more sustainable future for our little ones and beyond.

We need your help!

Please search your office and kitchen drawers for empty ink cartridges that you no longer need or knew what to do with & bring them into school at our recycling point!
Each month Recycle Ink will ensure no items will go to landfill and will help raise funds for Clare Primary.



Recycle Ink

Ink Cartridge Recycling Specialists



Time for Clay

Holiday Workshops for children aged 6 to 14

Sessions led by fully qualified teacher with enhanced CRB check.

NOTE - NOW HELD ON TUESDAYS

TUESDAY 9th April from 9 a.m. to 12 noon (pirate)

and

**TUESDAY 16th April from 9 a.m. to 12 noon
(dodo)**

The Pavilion, Clare Playing Fields, Clare

Cost of workshop - £10.

Phone Gayle Mallows on **01787 277446**

or email timeforclay@aol.com

to book a place or for more details.



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Our new

SPRING/SUMMER

Menu for 2019

Welcome to the new Spring/Summer Menu for 2019

This new menu has been created with the help of our expert development team. This team is made up of our Heads of Kitchen from various schools across all regions who all bring a wealth of knowledge and experience. We have also taken on board feedback from parent, pupil and school surveys and used this information when developing this new offering.



Craig Byford
Food Development Chef

We have some healthy new dishes and old favourites on the new Spring/Summer menu. The new dishes are Chicken Pie in Gravy served with a separate pastry topping, Spring Vegetable Frittata and a Fruit Swirl Cake. We welcome back some popular favourites including the Pork and Apple Burger and Smokey Joe Chicken.

The focus on reducing sugar continues with our desserts. 'Fruity Thursdays' have proved popular and we have now moved this to a Friday instead. The choice of fresh fruit salad, fruit jellies and fruit flavoured yoghurt remains. Hopefully these recipes will prove to be as popular as ever, with the added health benefits of less sugar. Any feedback please email info@eats-catering.co.uk

Peas Please

Making a pledge for more veg

eats will be playing our part in increasing vegetable consumption in the UK, by pledging to develop our menus to ensure that a minimum six varieties of vegetables and salads are available each week on our menus.

We've already made great strides in reducing sugar and salt across our primary menus – including using vegetables like beetroot and parsnip as natural sweeteners. Signing up to this national initiative provides us with the perfect opportunity to encourage children and young people to eat more vegetables. For further information visit: <https://foodfoundation.org.uk/peasplease/>

Menu Changes

Please refer to your school website for any eats menu changes, these changes will be made due to school and pupil preferences.

Allergen Information

If your child has an allergy or food intolerance, please speak to the Head of Kitchen in your school who will discuss with you a range of alternative dishes to accommodate their dietary needs.

Promotions

Check out your School's website for upcoming promotions and theme days.

Meet the éats.

Bella

Henrietta

Newton

Dug

Becky

Dug is our down to earth champion for growing delicious fruit and vegetables and protecting and looking after the environment.

Bouncy **Bella** loves to amaze her friends with her fun food facts and jokes.

Henrietta is a whizz in the kitchen and a little bit of an egghead when it comes to cooking and promoting healthy eating.

Newton is the brains of the bunch, sharing educational facts on nutrition and the science behind the food we eat.

Everyone knows that bananas are full of energy! **Becky** likes nothing better than playing sports with her friends and keeping active.

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Week 1

Week One commencing:

22nd April, 13th May, 10th June,
1st July, 22nd July,
16th September, 7th October

Monday

Margherita Pizza
or
Pasta Spirals in Tomato Sauce
with Garlic Bread

Side Salad or
Peas & Sweetcorn

100% Fruit Ice Lolly

Low SUGAR

Wednesday

Chicken & Gravy Pie with
Diced Potatoes
or
Vegetarian Bolognese & Pasta

Peas & Carrots

Chocolate Brownie
& Vanilla Ice Cream

NEW

Thursday

Roast Loin of Pork with
Stuffing & Gravy
or
Cheese & Potato Pie

Roast Potatoes
Cabbage & Carrots

Raspberry Apple Cake & Custard

Friday

Crispy Baked Fish fillet
or
Vegetarian Hotdog Roll

Chips

Baked Beans & Garden Peas

Fruity Friday - A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

Low SUGAR

Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration - a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch - see school's website for details

For information on allergens & intolerances visit www.eats-catering.co.uk

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Week 2

Week Two commencing:

24th April, 20th May, 17th June,

8th July, 2nd September,

23rd September, 14th October

Monday

Macaroni Cheese

or

Vegetarian Toad-in-the-Hole & Gravy

Herb Diced Potatoes
Peas & Sweetcorn

Lemon Drizzle Sponge

Tuesday

Chicken Meatballs in
Tomato Sauce with Rice

or

Vegetable Frittata with Homemade
Tomato Bread

Broccoli & Carrots

Fruit Cheesecake

Wednesday

Pasta Bolognaise

or

Jacket Potato with Beans,
Tomato & Cheese

Side Salad

Sweetcorn & Green Beans

Chocolate Crunch & Chocolate Sauce

Thursday

Roast Chicken with
Stuffing & Gravy

or

Cauliflower & Broccoli Bake

Roast Potatoes

Cabbage & Carrots

Flapjack & Custard

Friday

Crispy Baked Fish Fillet

or

Vegan Nuggets

Crispy Chips

Baked Beans & Garden Peas

Fruity Friday - A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

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Week 3

Week Three commencing:

6th May, 3rd June, 24th June,
15th July, 4th September,
30th September

Monday

Tomato & Cheddar Pizza Whirl
or
Salmon & Sweet Potato Fishcake

Herb Diced Potatoes
Mixed Vegetables

Fruit Swirl Cake

Wednesday

Smokey Joe Chicken
or
Tomato & Cheddar Quiche

New Potatoes
Green Beans & Sweetcorn

Oaty Apple Crumble & Custard

Thursday

Roast Beef with
Yorkshire Pudding & Gravy
or
Vegetarian Sausage 'Under Wraps' &
Gravy

Roast Potatoes
Broccoli & Carrots

Raspberry Ripple Ice Cream Pot

Friday

Crispy Baked Fish Fillet
or
Crunchy Vegetable Fingers

Oven Baked Chips
Baked Beans & Garden Peas

Fruity Friday - A choice of Fruit Jelly,
Fruit Yoghurt or Fresh Fruit

Low
SUGAR

Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration - a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch - see school's website for details

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