

Try these recipes that are ideal for schools

Fish Finger Wrap

Serves: 10
Preparation time approx. 20 minutes

Ingredients:

20 Birds Eye Foodservice Fish Fingers
10 wraps
Iceberg lettuce
10 tbsp tomato salsa
10 tbsp low fat yoghurt



To prepare:

1. Cook the fish fingers as per pack instructions
2. Warm the wraps
3. Spread the wrap with salsa
4. Top with lettuce and fish fingers
5. Add a dollop of yoghurt and roll the wrap.

Four Bean Salad

Serves: 10
Preparation time approx. 25 minutes

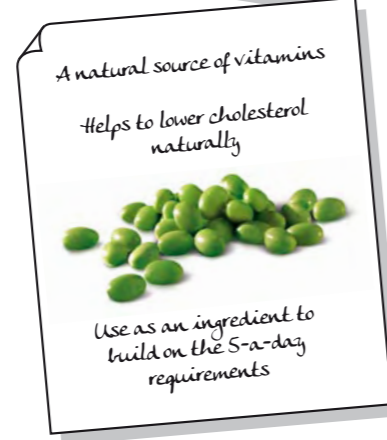
Ingredients:

430g borlotti beans (canned)
325g kidney beans (canned)
430g cannellini beans (canned)
400g Birds Eye Foodservice Soya Beans
2 Small red onions, finely chopped
2 red chillies, finely chopped
Small bunch of coriander, finely chopped
100g Extra virgin olive oil
20g balsamic vinegar



To prepare:

1. Mix the cooked Soya Beans with the drained and rinsed cans of other beans. Add the chilli, coriander, oil, balsamic vinegar and seasoning.
2. Leave to stand for 20 minutes to allow the flavours to develop.
3. Serve warm or cold.



Online Recipes and Nutrition Details

Visit our website for in-depth nutritional information on all our products, as well as a great selection of recipes created specifically for school caterers. Each recipe features easy-to-follow steps plus nutritional details per serving.

www.birdseyefoodservice.com

Captain's Nutrition Mission

The Captain's Nutrition Mission is our unique way of demonstrating our commitment to children's nutrition.

It's our guarantee, that our entire range of foodservice products contain:

- ✓ No artificial colours, flavours or preservatives
- ✓ No hydrogenated vegetable oil
- ✓ Are 20% or less of a 5-10 year old's GDA for fat, saturated fat and salt per recommended serving



For more information, great school recipes and to arrange a visit call +44 (0)20 8918 3200 or visit: www.birdseyefoodservice.com



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Healthy Catering in Schools



a fresh approach



Catering for Schools – a Birds Eye View

School catering can be a minefield. We know, because it's our job to deliver food that meets the exacting nutritional standards of government bodies, parents, teachers, and – of course – the children.

Why Birds Eye Foodservice?

- ✔ Nutritious, great-tasting and visually appealing food
- ✔ Key products, including our Soya Beans and Omega 3 Fish Fingers - with extra natural Omega 3
- ✔ Cost-effective meal solutions that are simple to prepare
- ✔ Can all be cooked from frozen for convenience and deliver portion control
- ✔ Full range of children's recipes on our website, detailing nutritional content for each serving
- ✔ We're able to supply full nutritional information for **Menu Planning Tools** such as Saffron or Nutmeg
- ✔ We're working closely with Local Authorities to develop more products in line with SFT guidelines



Since launching Birds Eye Foodservice, we've been working closely with schools and Local Authorities, helping develop their school meal offering.

We believe it's the right of every child to enjoy healthy, tasty and nutritional school food. Crucially, it's also the right of every school caterer to have the ingredients and information available to help them do this.



Healthy Food - on a plate

Our key products are already making huge inroads in schools across the country, and include:

- ✔ Omega 3 Fish Fingers - with extra natural Omega 3
- ✔ Soya Beans

Our **Omega 3 Fish Fingers** - with extra natural Omega 3 are a favourite with everyone, and deliver 100% fish fillet. Great for fuelling school children, Omega 3 is a core nutrient in any child's development.

Our **Soya Beans** are a natural source of vitamin, and can be used as part of a 5-a-day requirement. They're great used in stir-fries, stews and hot pots, and can be cooked in minutes straight from frozen.

Nutritional Information

We're able to supply full nutritional information for menu planning tools such as Saffron and Nutmeg, plus a host of specially developed school recipes using our products.

We also working closely with Local Authorities to develop more products in line with SFT Guidelines, to ensure they meet the demands of governmental bodies, teachers, parents and children.



Our Customers' view...

“ We were delighted to be the first school to trial the Omega 3 Fish Fingers. We worked closely with Birds Eye Foodservice to encourage our pupils to eat more fish, and the results were astonishing – with our Fish Finger ‘Wraps’ firmly established as the children’s favourite dish!

Before the trial only 40% of pupils had fish more than once a month – after the trial 97% of pupils were eating fish every week. And not only did the children eat more fish, but through the strength of the Birds Eye name, they've encouraged their families to eat more, too.”

Diana Hewitson, Head Teacher, Kells Lane Primary School



“ I've been waiting for someone like Birds Eye to develop a catering range for years. The Birds Eye name is synonymous with quality – so much so that I'm featuring it on a menu leaflet that's sent out to 92,000 parents, to communicate the high calibre of our school food here. The brand name is a key selling point – and it helps demonstrate our commitment to healthier catering for children.

We're proud users of their Omega 3 Fish Fingers, as well as the first Local Authority to use their Soya Beans. A natural source of vitamins and protein, we use them in a 'Beanie Hot Pot' to drive children's 5-a-day intake.”

Tracie Bere, Marketing & Business Development Manager, Hertfordshire County Council

