

DID YOU KNOW?

We use Red Tractor or Farm Assured Meat in our schools. We use MSC Certified fish to encourage sustainable fishing practices.

Our seasonal fresh vegetables are sourced from local farms wherever possible and we use Fairtrade products.



FREE SCHOOL MEALS

All pupils between reception and year 2 are entitled to a free nutritious school lunch.

Everyone automatically gets Universal Infant FREE school meals and can benefit by £458 per child per year. If your child is in year 3 or above, find out if they could still qualify for a free school meal by contacting the school office.



SPECIAL DIETS

If your child requires a special diet for medical reasons, please check out our website

www.edwardsandward.co.uk

for a full list of FAQs and to complete our online form.



MENU

AUTUMN/WINTER

2023-24

Pink



edwards and ward
a recipe for success

WEEK ONE

WEEK TWO

WEEK THREE

MONDAY

Mac & Cheese (V) **or**
 Mixed Bean Chilli with Rice (Ve)(Wg)
 Choice of Filled Jackets or Tomato Pasta
Rainbow Veg
 Scoop of Vanilla Ice Cream (V)

TUESDAY

BBQ Chicken with Jacket Wedges
or Margherita Pizza with Jacket Wedges (V)
 Choice of Filled Jackets or Tomato Pasta
Sweetcorn & Peppers, Green Beans
 Apple Crumble (Ve)(Wg) with Custard (V)

WEDNESDAY

Roast of the Day with Roasties & Gravy **or**
 Chickpea & Veggie Puff with Roasties (Ve)
 Choice of Filled Jackets or Tomato Pasta
Broccoli, Sliced Carrot
 Strawberry Jelly & Peaches (Ve)

THURSDAY

Cottage Pie
or Root Vegetable Cottage Pie (Ve)
 Choice of Filled Jackets or Tomato Pasta
Cauliflower, Swede
 Chocolate Mousse with Pears (V)

FRIDAY

Fish Fingers or Salmon Fish Fingers with Chips **or**
 Garden Vegetable Goujons with Chips (Ve)
 Choice of Filled Jackets or Tomato Pasta
Baked Beans, Garden Peas
 Flapjack (Ve)

4/9/23, 25/9/23, 16/10/23, 6/11/23, 27/11/23, 18/12/23, 8/1/24,
 29/1/24, 19/2/24, 11/3/24

Vegetable Lasagne (V) **or**
 Lentil & Mushroom Keema Curry with Rice (Ve)
 Choice of Filled Jackets or Tomato Pasta
Rainbow Veg
 Scoop of Vanilla Ice Cream (V)

Meatball Marinara Sub with Jacket Wedges
or Margherita Pizza with Jacket Wedges (V)
 Choice of Filled Jackets or Tomato Pasta
Sweetcorn, Green Beans
 Apple & Pear Crumble (Ve)(Wg) with Custard (V)

Roast of the Day with Roasties & Gravy **or**
 Homemade Veggie & Stuffing Roll with Roasties &
 Gravy (Ve)
 Choice of Filled Jackets or Tomato Pasta
Cauliflower, Carrot Batons
 Orange Jelly & Mandarins (Ve)

Pork or Chicken Sausages with Mash & Gravy
or Veggie Sausage with Mash & Gravy (Ve)
 Choice of Filled Jackets or Tomato Pasta
Cabbage, Garden Peas
 Banana Custard (V)

Fish Fingers or Salmon Fish Fingers with Chips **or**
 Garden Vegetable Goujons with Chips (Ve)
 Choice of Filled Jackets or Tomato Pasta
Baked Beans, Garden Peas
 Chocolate Shortbread (Ve)

11/9/23, 2/10/23, 23/10/23, 13/11/23, 4/12/23, 25/12/23, 15/1/24,
 5/2/24, 26/2/24, 18/3/24

Cauli Mac & Cheese (V) **or**
 Veggie Chow Mein (Ve)
 Choice of Filled Jackets or Tomato Pasta
Rainbow Veg
 Scoop of Vanilla Ice Cream (V)

Chicken Burrito with Jacket Wedges
or Margherita Pizza with Jacket Wedges (V)
 Choice of Filled Jackets or Tomato Pasta
Sweetcorn, Green Beans
 Peach & Pineapple Crumble (Ve)(Wg)
 with Custard (V)

Roast of the Day with Roasties & Gravy **or**
 Veggie Sausage Toad in the Hole with Roasties &
 Gravy (V)
 Choice of Filled Jackets or Tomato Pasta
Cabbage, Sliced Carrot
 Strawberry Jelly & Pineapple (Ve)

Penne with Beef Bolognese (Wg)
or Penne with Beany Bolognese (Ve)(Wg)
 Choice of Filled Jackets or Tomato Pasta
Swede, Shredded Carrots
 Chocolate Mousse with Mandarins (V)

Fish Fingers or Salmon Fish Fingers with Chips **or**
 Garden Vegetable Goujons with Chips (Ve)
 Choice of Filled Jackets or Tomato Pasta
Baked Beans, Garden Peas
 Iced Shortbread (Ve)

18/9/23, 9/10/23, 30/10/23, 20/11/23, 11/12/23, 1/1/24, 22/1/24,
 12/2/24, 4/3/24, 25/3/24

V - Vegetarian Ve - Vegan Wg - Wholegrain

Freshly baked bread, fresh fruit, yoghurts and fresh drinking water available daily

