



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 also use fair trade products

DIETARY AND ALLERGEN ADVICE

If your child requires a special diet for medical reasons please contact

SPECIALDIETS@EDWARDSANDWARD.CO.UK

Please note menus subject to change due to unforeseen circumstances



DATE Autumn / Winter 2018/19

PAY You!

SUM OF Four Hundred and Twenty Three Pounds



£423.00



ALL PUPILS IN RECEPTION UP TO YEAR 2 ARE ENTITLED TO A FREE, NUTRITIOUS SCHOOL MEAL AT LUNCHTIME! Everyone gets Universal Infant

Free School Meals automatically and will benefit by **£423** a year per child.

If your child is in year 3 or above, find out if they could also qualify for a free school meal by contacting the school office.

05 05 50854 7 00 40 155 08439177 05



Smile
food that makes you happy

FROME SCHOOLS MENU

AUTUMN/WINTER 2018



WEEK 1

03/09/2018, 24/09/2018, 15/10/2018, 12/11/2018,
03/12/2018, 07/01/2019, 28/01/2019

Sausage & Mash with Gravy
or
Shepherdess Pie (v)
or
Jacket Potato with Choice of Filling (v)
Carrots, Garden Peas
Strawberry Mousse

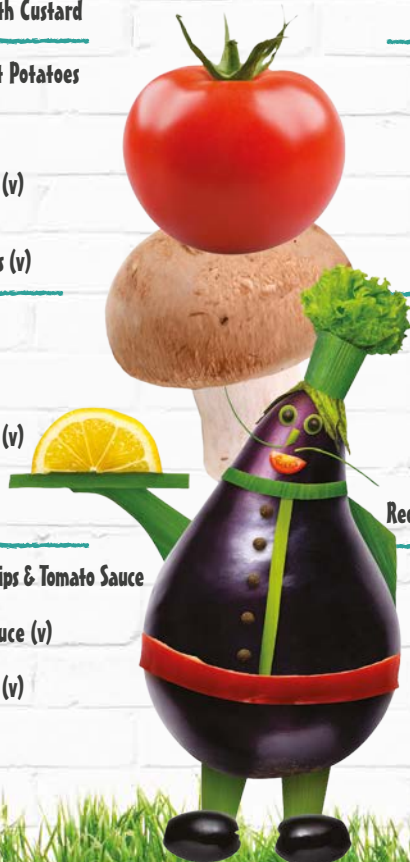
Lasagne with Garlic Bread
or
Golden Veggie Rice (v)
or
Jacket Potato with Choice of Filling (v)
Green Beans, Golden Corn
Reduced Sugar Raspberry & Apple Cake with Custard

Roast Chicken with Stuffing, Gravy & Roast Potatoes
or
Cheese & Onion Pinwheel (v)
or
Jacket Potato with Choice of Filling (v)
Broccoli, Carrots
Strawberry Jelly & Pineapple Chunks (v)

Cheese & Tomato Pizza (v)
or
Vegetable Curry with Rice (v)
or
Jacket Potato with Choice of Filling (v)
Green Beans, Golden Corn
Peach Crumble with Custard

MSC Salmon Fish Fingers or White Fish Fingers with Chips & Tomato Sauce
or
Veggie Hot Dog with Chips & Tomato Sauce (v)
or
Jacket Potato with Choice of Filling (v)
Baked Beans, Garden Peas
Arctic Roll

**FRESH
HEALTHY
TASTY**



WEEK 2

10/09/2018, 01/10/2018, 22/10/2018, 19/11/2018,
10/12/2018, 14/01/2019, 04/02/2019

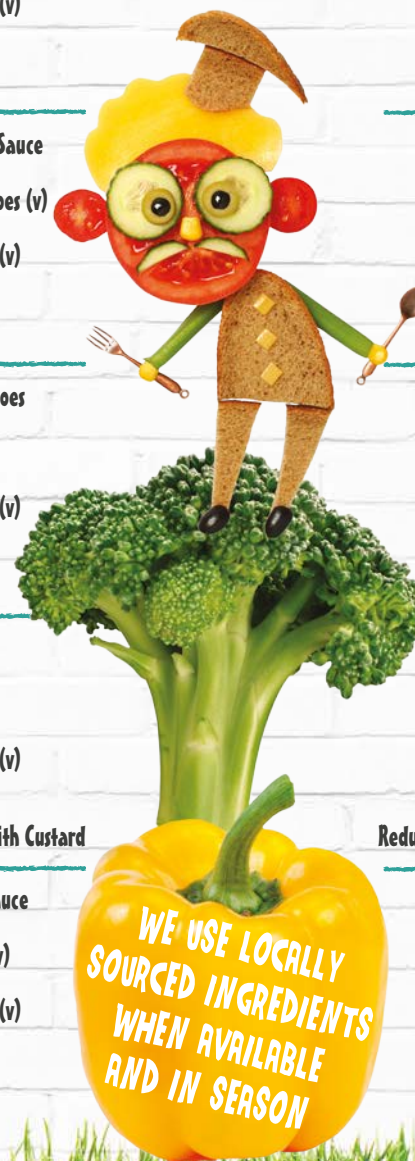
Macaroni Bolognese
or
Vegetable Chow Mein (v)
or
Jacket Potato with Choice of Filling (v)
Golden Corn, Mixed Salad
Syrup Sponge with Custard

Hot Dog with Jacket Wedges & Tomato Sauce
or
Cheesy Broccoli Quiche with New Potatoes (v)
or
Jacket Potato with Choice of Filling (v)
BBQ Beans, Super Greens
Chocolate & Beetroot Brownie

Roast Beef with Gravy & Roast Potatoes
or
Veggie Bolognese with Pasta (v)
or
Jacket Potato with Choice of Filling (v)
Broccoli, Carrots
Orange Jelly & Mandarins (v)

Cottage Pie
or
Ratatouille Pasta (v)
or
Jacket Potato with Choice of Filling (v)
Green Beans, Golden Corn
Reduced Sugar Pineapple & Peach Crumble with Custard

Battered Cod with Chips & Tomato Sauce
or
Cheese & Tomato Puff with Chips (v)
or
Jacket Potato with Choice of Filling (v)
Baked Beans, Garden Peas
Strawberry Trifle



WEEK 3

17/09/2018, 08/10/2018, 05/11/2018, 26/11/2018,
17/12/2018, 21/01/2019, 11/02/2019

Beef Burger with Jacket Wedges & Tomato Sauce
or
Eggy Pie (v)
or
Jacket Potato with Choice of Filling (v)
Garden Peas, Mixed Salad
Apple & Pear Crumble with Custard

Spaghetti Bolognese
or
Quorn Paella (v)
or
Jacket Potato with Choice of Filling (v)
Green Beans, Cauliflower
Flapjack

Roast Turkey with Gravy & Roast Potatoes
or
Mac & Cheese (v)
or
Jacket Potato with Choice of Filling (v)
Shredded Cabbage, Carrots
Strawberry Jelly & Peach Slices (v)

Chicken & Leek Pie with Mash Potato Topping
or
All Day Veggie Breakfast (v)
or
Jacket Potato with Choice of Filling (v)
Broccoli, Baked Beans
Reduced Sugar Pineapple & Ginger Sponge with Custard

Breaded Fish with Chips & Tomato Sauce
or
2 Cheese French Bread Pizza (v)
or
Jacket Potato with Choice of Filling (v)
Garden Peas, Golden Corn
Vanilla Cookie & Yoghurt



Smile food that makes you happy

(V) Suitable for Vegetarians

SERVED DAILY – FRESHLY BAKED BREAD, FRESH FRUIT, YOGHURTS AND FRESH DRINKING WATER.