



# 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](mailto:SPECIALDIETS@EDWARDSANDWARD.CO.UK)

Please note menus subject to change due to unforeseen circumstances



DATE Spring/Summer 2019

PAY You!

SUM OF Four Hundred and Thirty Seven Pounds



£437.00



**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 **£437** 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  
CLUSTER**

**MENU**

SPRING/SUMMER 2019





## WEEK 1

25/2/19, 18/3/19, 22/4/19, 13/5/19, 10/6/19, 1/7/19,  
22/7/19, 16/9/19, 7/10/19

Cheese & Tomato Pizza & Potato Wedges (v)  
or  
Vegetable Curry with Rice (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Golden Corn, Roasted Courgettes**  
Vanilla Ice Cream

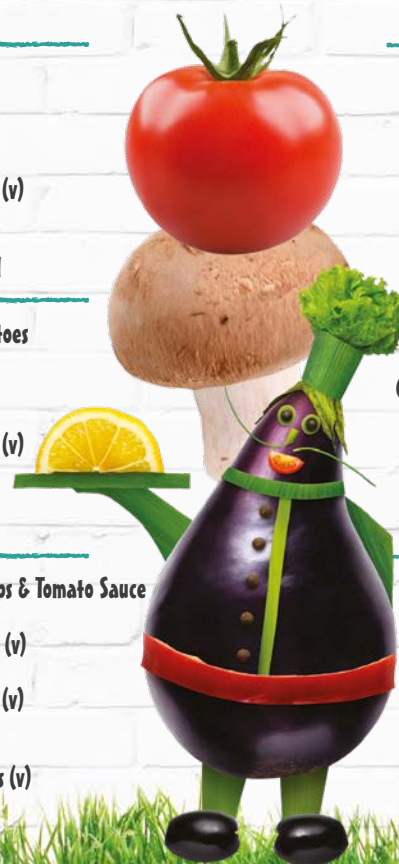
Sausages and Mash with Gravy  
or  
Shepherdess Pie (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Rainbow Vegetables, Cauliflower**  
Carrot Cake

Chicken Curry with Rice  
or  
Vegetable Chow Mein (v)  
or  
Jacket Potato with Choice of Filling (v)  
**BBQ Baked Beans, Green Beans**  
Rhubarb Oaty Crumble & Custard

Roast Beef with Gravy & Roast Potatoes  
or  
Tomato & Basil Pasta Bake (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Broccoli, Carrots**  
Flapjack

MSC Salmon Fingers or White Fish Fingers with Chips & Tomato Sauce  
or  
Cheese & Onion Pinwheel with Chips (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Baked Beans, Peas**  
Strawberry Jelly & Pineapple Chunks (v)

**FRESH  
HEALTHY  
TASTY**



## WEEK 2

4/3/19, 25/3/19, 29/4/19, 20/5/19, 17/6/19, 8/7/19,  
2/9/19, 23/9/19, 14/10/19

Rainbow Vegetable Stir Fry (v)  
or  
Mac & Cheese (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Golden Corn & Peppers, Green Beans**  
Jam Sponge & Custard

Beef Bolognese with Pasta  
or  
Veggie Chilli with Rice (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Peas, Broccoli**  
Iced Bun

Beef Burger with Potato Wedges & Tomato Sauce  
or  
Veggie Lasagne & Garlic Bread (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Mixed Salad, Rainbow Vegetables**  
Pineapple Upside Down Cake & Custard

Roast Chicken with Stuffing, Gravy & Roast Potatoes  
or  
Cheese & Spring Onion Quiche with New Potatoes (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Carrots, Cauliflower**  
Caramel Krispie Cake

Battered Cod with Chips & Tomato Sauce  
or  
Veggie Hot Dog with Chips & Tomato Sauce (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Baked Beans, Peas**  
Strawberry Jelly & Peach Slices (v)



## WEEK 3

11/3/19, 1/4/19, 6/5/19, 3/6/19, 24/6/19, 15/7/19,  
9/9/19, 30/9/19, 21/10/19

Cauliflower Cheese & New Potatoes (V)  
or  
Veggie Bolognese with Pasta (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Super Greens, Carrots**  
Apple Crumble & Custard

Chicken Meatballs, Mash & Gravy  
or  
2 Cheese French Bread Pizza (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Broccoli, Mixed Salad**  
Australian Crunch

Beef & Onion Pie & Gravy  
or  
Veggie Burrito (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Golden Corn, Green Beans**  
Artic Roll

Roast Chicken with Stuffing, Gravy & Roast Potatoes  
or  
Veggie Sausages with Gravy & Roast Potatoes (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Carrots, Shredded Cabbage**  
Pear and Chocolate Sponge & Chocolate Custard

Breaded Fish with Chips & Tomato Sauce  
or  
Cheese & Tomato Puff with Chips (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Baked Beans, Peas**  
Lemon Curd Shortcake



Smile food that makes you happy

(V) Suitable for Vegetarians

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