



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 2019

PAY

You!

SUM OF Four Hundred and Thirty Seven Pounds

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.

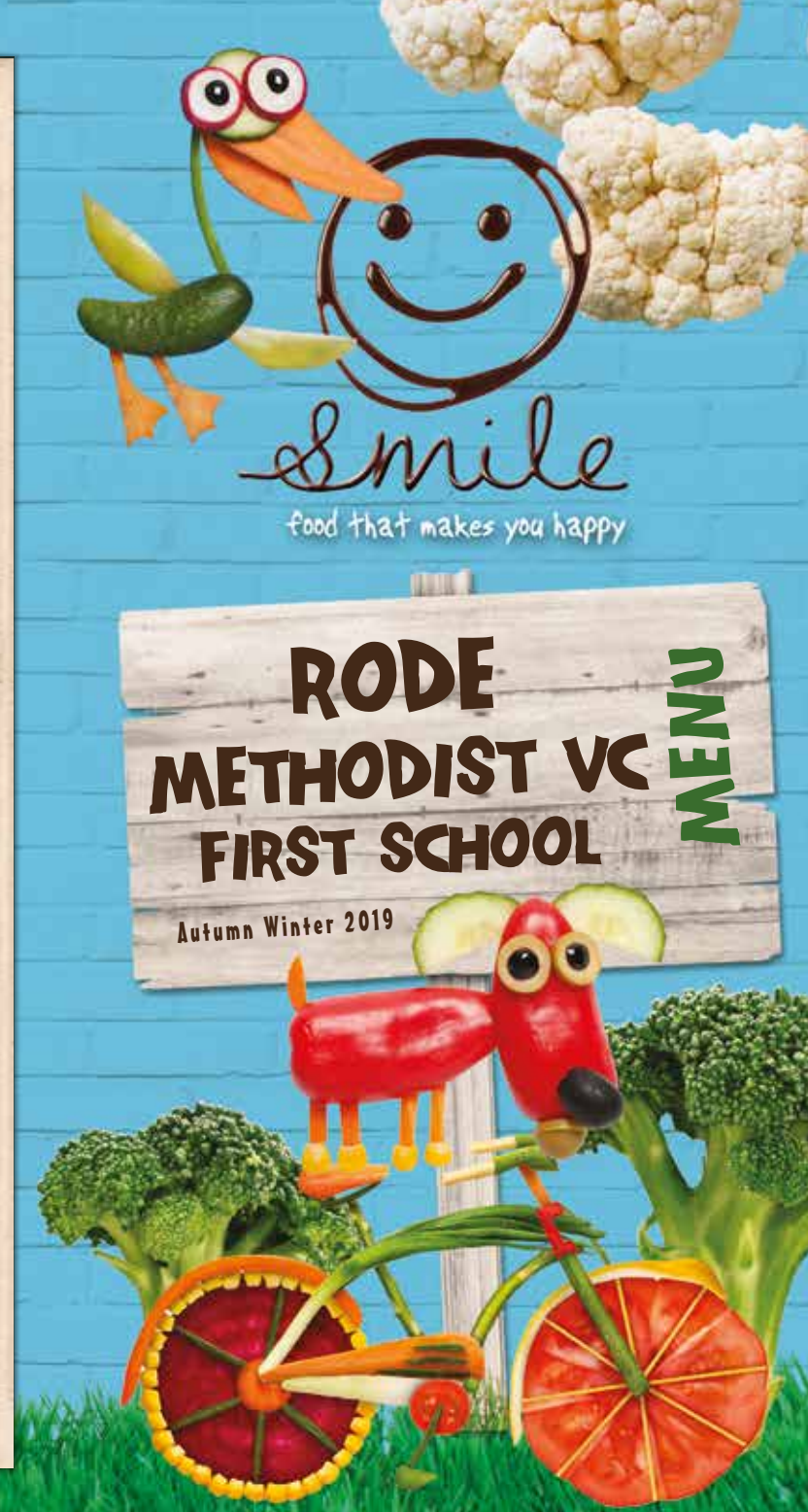
If your child is in year 3 or above, find out if they could also qualify for a free school meal by contacting the school office.



£437.00



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WEEK 1

04/11/19, 25/11/19, 16/12/19, 20/01/20,
10/02/20, 09/03/20, 30/03/20

Sausages & Mash with Gravy
or
Honey & Ginger Vegetable Stir Fry with Rice (v)
or
Jacket Potato with Choice of Filling (v)
Rainbow Vegetables, Sweet Corn
Cherry Swirl Sponge with Custard

Spaghetti Beef Bolognese with Garlic Bread
or
Carrot & Pesto Bake with Homemade Bread (v)
or
Jacket Potato with Choice of Filling (v)
Green Beans, Mixed Salad
Raspberry Oat Slice

Roast Chicken with Stuffing, Gravy & Roast Potatoes
or
Veggie Sausages with Gravy & Roast Potatoes (v)
or
Jacket Potato with Choice of Filling (v)
Shredded Cabbage, Carrots
Apple Crumble with Custard

Minced Beef & Onion Pie with Mash Potatoes
or
Mac & Cheese with Garlic Bread (v)
or
Jacket Potato with Choice of Filling (v)
Mixed Salad, Sweet Corn
Caramel Krispie Cake

Salmon Fish Fingers or Fish Fingers with Chips & Tomato Sauce
or
Quorn Tikka Pizza with Chips (v)
or
Jacket Potato with Choice of Filling (v)
Baked Beans, Garden Peas
Strawberry Jelly & Peach Slices (v)

WEEK 2

11/11/19, 02/12/19, 06/01/20, 27/01/20,
24/02/20, 16/03/20

Arabiatta Chicken Meatballs & Penne Pasta
or
Cheesy Broccoli Quiche with New Potatoes (v)
or
Jacket Potato with Choice of Filling (v)
Green Beans, Mixed Salad
Cherry & Apple Crumble with Custard

Savoury Minced Beef & New Potatoes
or
All Day Veggie Breakfast (v)
or
Jacket Potato with Choice of Filling (v)
Shredded Cabbage, Rainbow Vegetables
Vanilla Ice Cream

Roast Turkey with Stuffing, Gravy & Roast Potatoes
or
Quorn Fillet with Stuffing, Gravy & Roast Potatoes (v)
or
Jacket Potato with Choice of Filling (v)
Broccoli, Carrots
Citrus Squares

Beef Burger with Jacket Wedges & Tomato Sauce
or
Veggie Bolognese with Pasta & Garlic Bread (v)
or
Jacket Potato with Choice of Filling (v)
Sweetcorn & Peppers, Green Beans
Peach Melba Sponge with Custard

Bubble Crumb Fish & Chips with Tomato Sauce
or
Tomato & Basil Pasta Bake & Chips (v)
or
Jacket Potato with Choice of Filling (v)
Baked Beans, Garden Peas
Carrot Cookie

WEEK 3

18/11/19, 09/12/19, 13/01/20, 03/02/20,
02/03/20, 23/03/20

Hot Dog with Jacket Wedges & Tomato Sauce
or
Vegetable Chow Mein (V)
or
Jacket Potato with Choice of Filling (v)
Sweet Corn, BBQ Beans
Flapjack

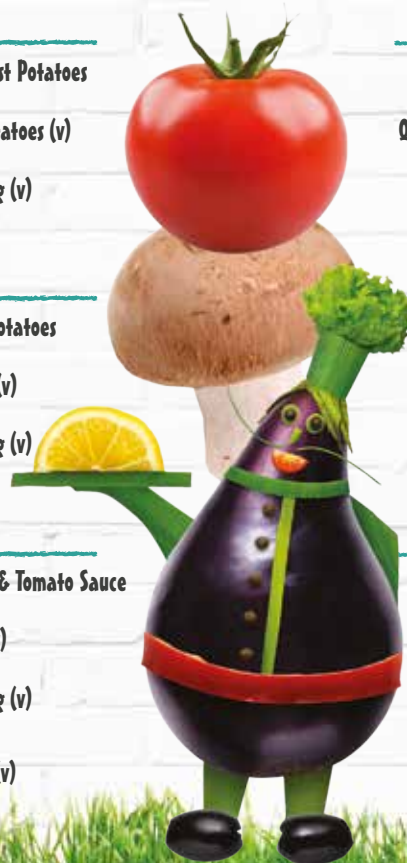
Rainbow Vegetable & Chicken Stir Fry
or
Cauliflower Cheese & New Potatoes (v)
or
Jacket Potato with Choice of Filling (v)
Green Beans, Shredded Cabbage
Australian Crunch

Roast Gammon with Gravy & Roast Potatoes
or
Veggie Sausages with Gravy & Roast Potatoes (v)
or
Jacket Potato with Choice of Filling (v)
Broccoli, Carrots
Tropical Crumble & Custard

2 Cheese Baguette Pizza & Jacket Wedges (v)
or
Veggie Chilli & Rice (v)
or
Jacket Potato with Choice of Filling (v)
Sweetcorn, Mixed Salad
Strawberry Jelly with Pineapple Chunks (v)

Battered Cod with Chips & Tomato Sauce
or
Tomato & Vegetable Ragu with Garlic Bread (v)
or
Jacket Potato with Choice of Filling (v)
Baked Beans, Garden Peas
Lime Shortbread

**FRESH
HEALTHY
TASTY**



Smile food that makes you happy

(V) Suitable for Vegetarians

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY