



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

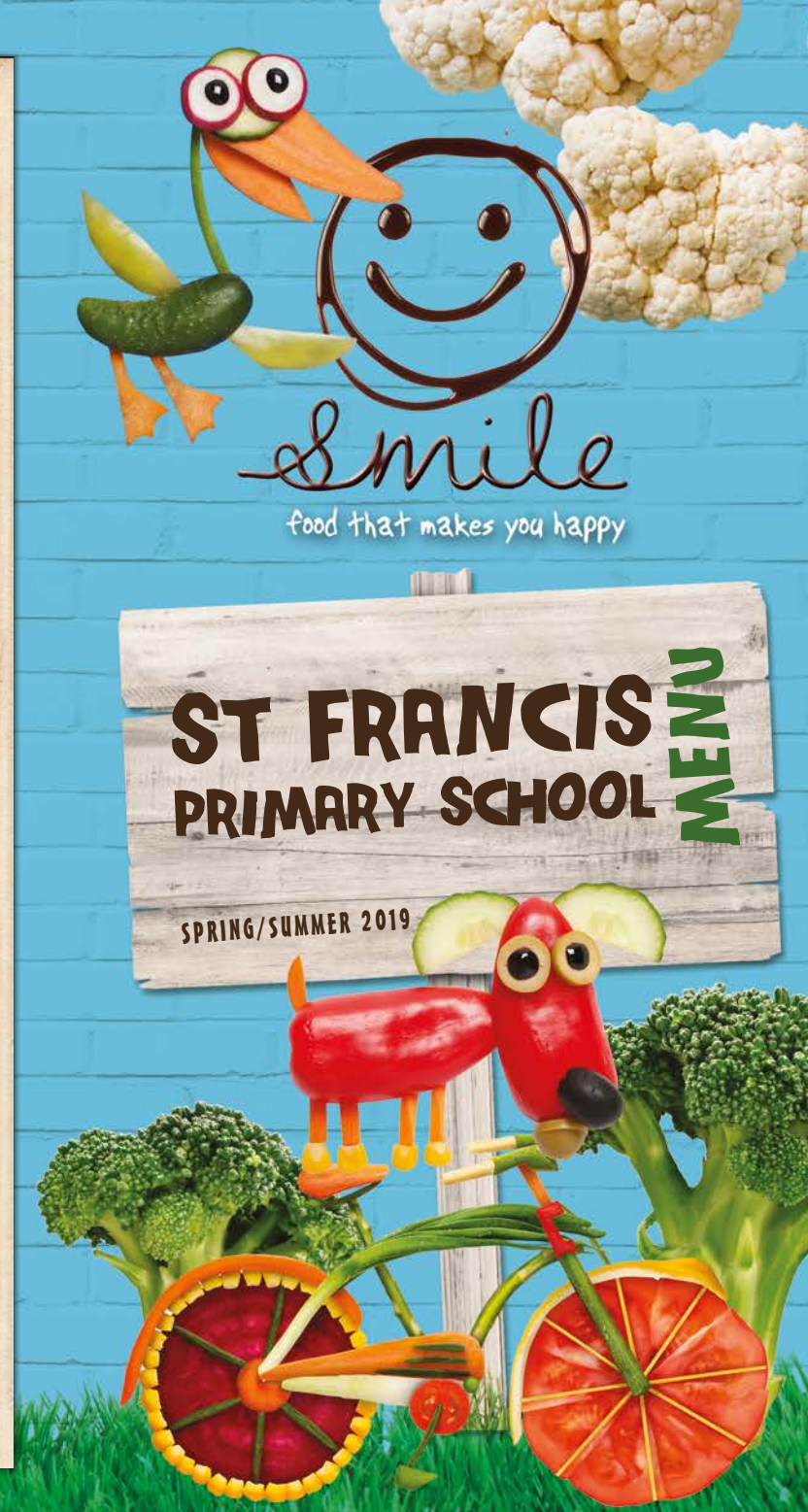
ALL PUPILS IN RECEPTION UP TO YEAR 2 ARE ENTITLED TO A FREE, NUTRITIOUS SCHOOL MEAL AT LUNCHTIME! Everyone gets Universal Infant

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 00 17 71 91 43 08 00 15 51 47 50 85 47



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

Chicken & Broccoli Pasta Bake
or
Quorn Paella (v)

Jacket Potato with Choice of Filling (v)
Rainbow Vegetables, Mixed Salad
Jam Sponge & Custard

Beef Burger with Jacket Wedges & Tomato Sauce
or
Veggie Bolognese with Pasta (v)
Jacket Potato with Choice of Filling (v)
Green Beans, BBQ Beans
Vanilla Ice Cream

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

Beef Lasagne with Garlic Bread
or
Stir Fried Noodles & Vegetables (v)
Jacket Potato with Choice of Filling (v)
Super Greens, Golden Corn
Chocolate & Banana Cake with Custard

MSC Salmon Fingers or White Fish Fingers with Chips & Tomato Sauce
or
Cheesy Potato Omelette (v)
Jacket Potato with Choice of Filling (v)
Baked Beans, Garden Peas
Strawberry Jelly & Pineapple Chunks (v)

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

Chicken Curry with Rice
or
Mac & Cheese (v)

Jacket Potato with Choice of Filling (v)
Garden Peas, Roasted Courgettes
Peach Crumble with Custard

Sausage & Mash
or
Cheese & Spring Onion Quiche with New Potatoes (v)
Jacket Potato with Choice of Filling (v)
Broccoli, Rainbow Vegetables
Courgette & Lime Cake

Roast Beef with Gravy & Roast Potatoes
or
Golden Veggie Rice (v)
Jacket Potato with Choice of Filling (v)
Shredded Cabbage, Carrots
Apple & Banana Crisp

Chicken & Sweetcorn Pie
or
Cheese & Onion French Bread Pizza (v)
Jacket Potato with Choice of Filling (v)
Golden Corn & Peppers, Green Beans
Pineapple Upside Down Cake & Custard

Breaded Fish with Tomato Sauce & Chips
or
Veggie Burrito (v)
Jacket Potato with Choice of Filling (v)
Baked Beans, Garden Peas
Ginger Biscuit

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

Rainbow Vegetable & Chicken Stir Fry
or
Veggie Hot Dog with Potato Wedges & Tomato Sauce (v)
Jacket Potato with Choice of Filling (v)
Golden Corn, BBQ Beans
Rice Pudding & Jam Sauce

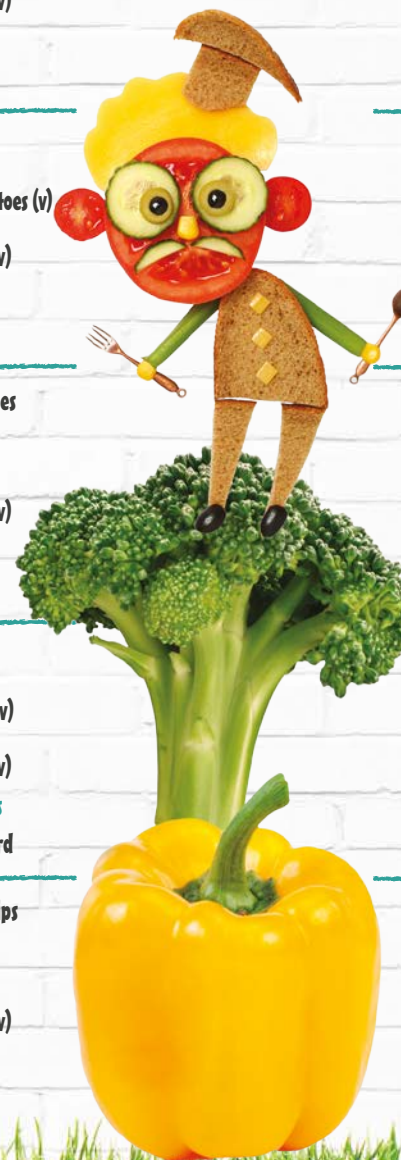
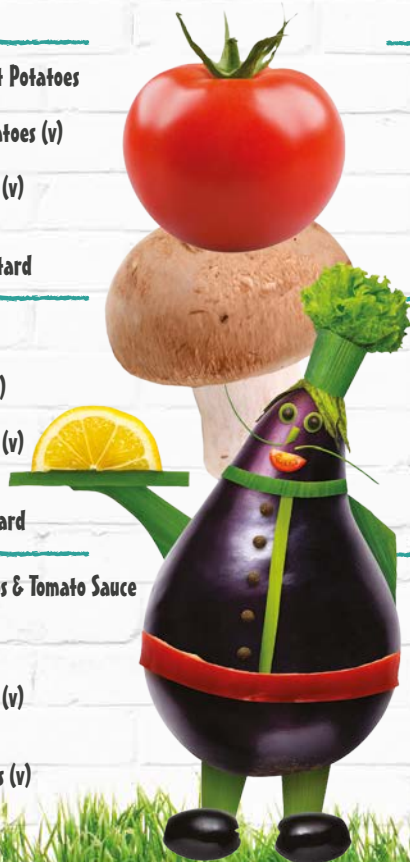
Savoury Minced Beef & New Potatoes
or
Cauliflower Cheese & New Potatoes (v)
Jacket Potato with Choice of Filling (v)
Green Beans, Cauliflower
Chocolate Sponge & Chocolate Custard

Roast Pork with Gravy & Roast Potatoes
or
Spanish Omelette (v)
Jacket Potato with Choice of Filling (v)
Broccoli, Carrots
Tropical Crumble & Custard

Cheese & Tomato Pizza with Potato Wedges (v)
or
Veggie Chilli with Rice (v)
Jacket Potato with Choice of Filling (v)
Golden Corn, Mixed Salad
Strawberry Jelly & Peach Slices (v)

Battered Cod with Chips & Tomato Sauce
or
Red Pepper & Cheese Pinwheel with Chips (v)
Jacket Potato with Choice of Filling (v)
Baked Beans, Garden Peas
Chocolate & Beetroot Brownie

**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