

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

Yellow



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)**
Jacket Potato or Sandwich
Rainbow Veg
Banana Mousse (V)

TUESDAY

**Mild & Sweet Chicken Curry with Rice (Wg)
or Margherita Pizza with Jacket Wedges (V)**
Jacket Potato or Sandwich
Sweetcorn & Peppers, Cauliflower
Apple Crumble (Ve)(Wg) with Custard (V)

WEDNESDAY

**Roast of the Day with Roasties & Gravy or
Chickpea & Veggie Puff with Roasties (Ve)**
Jacket Potato or Sandwich
Broccoli, Sliced Carrot
Strawberry Jelly & Peaches (Ve)

THURSDAY

**Penne with Bolognese (Wg)
or Root Vegetable Cottage Pie (Ve)**
Jacket Potato or Sandwich
Green Beans, Swede
Chocolate & Pear Sponge with Chocolate
Custard (V)

FRIDAY

**Fish Fingers or Salmon Fish Fingers with Chips or
Garden Vegetable Goujons with Chips (Ve)**
Jacket Potato or Sandwich
Baked Beans, Garden Peas
Flapjack (Ve)

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)**
Jacket Potato or Sandwich
Rainbow Veg
Scoop of Vanilla Ice Cream (V)

**Chicken Paella (Wg)
or Margherita Pizza with Jacket Wedges (V)**
Jacket Potato or Sandwich
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)**
Jacket Potato or Sandwich
Cauliflower, Carrot Batons
Orange Jelly & Mandarins (Ve)

**Pork or Chicken Sausages with Mash & Gravy
or Penne with Beany Bolognese (Ve)(Wg)**
Jacket Potato or Sandwich
Cabbage, Garden Peas
Pineapple Upside Down Cake with Custard (V)

**Fish Fingers or Salmon Fish Fingers with Chips or
Vegeball Marinara Sub with Chips (V)**
Jacket Potato or Sandwich
Baked Beans, Garden Peas
Chocolate Shortbread (Ve)

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

**Pizza Mac & Cheese (V) or
Mild Sweet Potato & Chickpea Curry with Rice (Ve)**
Jacket Potato or Sandwich
Rainbow Veg
Chocolate Mousse (V)

**Chicken Burrito with Mexican Rice (Wg)
or Margherita Pizza with Jacket Wedges (V)**
Jacket Potato or Sandwich
Sweetcorn, Green Beans
Peach & Pineapple Crumble
with Custard (V)

**Roast of the Day with Roasties & Gravy or
Veggie Sausage Toad in the Hole with Roasties &
Gravy (V)**
Jacket Potato or Sandwich
Cabbage, Sliced Carrot
Strawberry Jelly & Pineapple (Ve)

**Beef Casserole with Dumplings & Mash
or Vegeballs in Tomato Sauce with Penne (Ve)(Wg)**
Jacket Potato or Sandwich
Swede, Shredded Carrots
Toffee Apple Sponge with Apple Custard (V)

**Fish Fingers or Salmon Fish Fingers with Chips or
Falafel Wrap with Mint Yoghurt & Chips (V)**
Jacket Potato or Sandwich
Baked Beans, Garden Peas
Iced Shortbread (Ve)

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