

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



05 00439177 40001551 508547



**ABBNEY
WOODS
ACADEMY**

Autumn Winter 2019

MENU



WEEK 1

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

Chicken Meatballs with Mash & Gravy
or
Mac & Cheese (v)
or
Jacket Potato with Cheese or Beans (v)
Super Greens
Caramel Krispie Cake

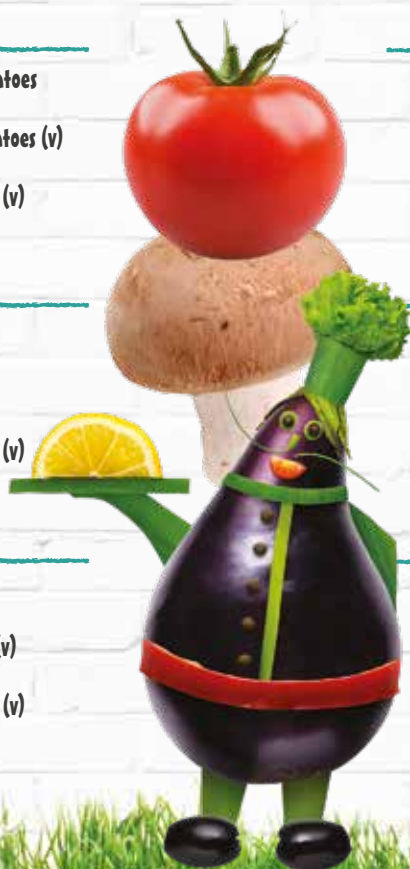
Ham & Pineapple Pizza & Jacket Wedges
or
Cheese & Tomato Pinwheel & Jacket Wedges (v)
or
Jacket Potato with Cheese or Beans (v)
BBQ Beans & Golden Corn
Peach Crumble with Custard

Roast Turkey with Gravy & Roast Potatoes
or
Veggie Sausages & Gravy with Roast Potatoes (v)
or
Jacket Potato with Cheese or Beans (v)
Broccoli & Carrots
Iced Bun

Cottage Pie
or
Vegetable Curry with Rice (v)
or
Jacket Potato with Cheese or Beans (v)
Rainbow Vegetables
Jam Sponge with Custard

Fish & Chips with Tomato Sauce
or
Cheese & Tomato Puffs with Chips (v)
or
Jacket Potato with Cheese or Beans (v)
Peas & Beans
Flapjack

**FRESH
HEALTHY
TASTY**



WEEK 2

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

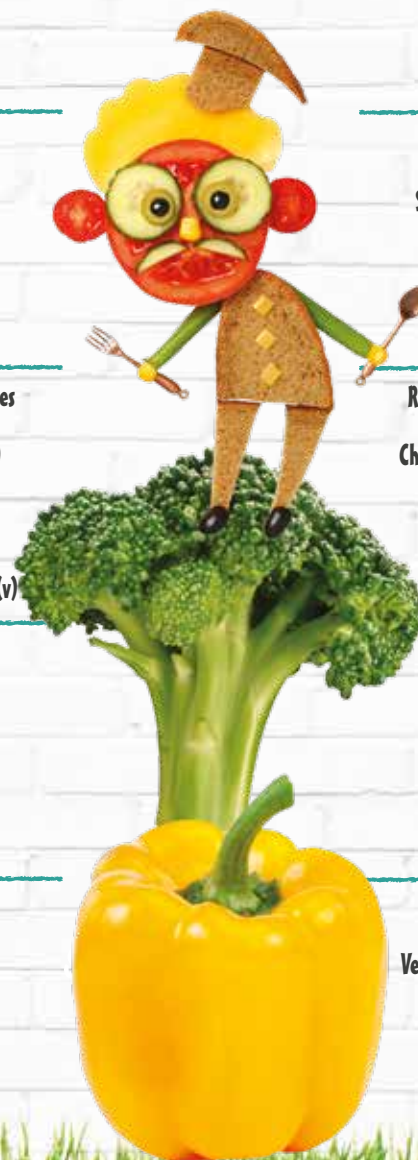
Spaghetti Bolognese
or
Cheesy Potato Omelette (v)
or
Jacket Potato with Cheese or Beans (v)
Rainbow Vegetables
Rice Pudding with Jam Sauce

Pepperoni Pizza & Jacket Wedges
or
Veggie Chilli with Rice (v)
or
Jacket Potato with Cheese or Beans (v)
BBQ Beans & Golden Corn
Apple & Pear Crumble with Custard

Roast Chicken with Gravy & Roast Potatoes
or
Cauliflower Cheese & Roast Potatoes (v)
or
Jacket Potato with Cheese or Beans (v)
Broccoli & Carrots
Strawberry Jelly with Pineapple Chunks (v)

Sausage & Mash
or
Vegetable Lasagne & Garlic Bread (v)
or
Jacket Potato with Cheese or Beans (v)
Super Greens
Chocolate Banana Cake with Custard

Fish & Chips with Tomato Sauce
or
Cheese & Onion Quiche with Chips (v)
or
Jacket Potato with Cheese or Beans (v)
Peas & Beans
Lemon Drizzle Cake



WEEK 3

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

Chicken Korma & Rice
or
Tomato & Basil Pasta Bake (v)
or
Jacket Potato with Cheese or Beans (v)
Broccoli & Golden Corn
Vanilla Ice Cream

Cheese & Tomato Pizza (v)
or
Stir Fried Noodles & Crispy Vegetables (v)
or
Jacket Potato with Cheese or Beans (v)
Super Greens
Apple Crumble with Custard

Roast Chicken with Gravy & Roast Potatoes
or
Cheese & Onion Pasty with Roast Potatoes (v)
or
Jacket Potato with Cheese or Beans (v)
Broccoli & Carrots
Strawberry Jelly & Peach Slices (v)

Chicken & Sweetcorn Pie with Mash
or
Cheesy Broccoli Pasta (v)
or
Jacket Potato with Cheese or Beans (v)
Rainbow Vegetables
Sultana Sponge & Lemon Syrup

Fish & Chips with Tomato Sauce
or
Veggie Burger with Chips & Tomato Sauce (v)
or
Jacket Potato with Cheese or Beans (v)
Peas & Beans
Vanilla Iced Shortbread



Smile food that makes you happy

(V) Suitable for Vegetarians

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