

# 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](http://www.edwardsandward.co.uk)

for a full list of FAQs and to complete our online form.



# MENU

SPRING/SUMMER

2023

# BLUE



edwards and ward  
a recipe for success

## WEEK ONE

## WEEK TWO

## WEEK THREE

MONDAY

Chicken Tandoori with Spinach Rice (Wg)  
 or Raviolini with Tomato Super Sauce (Ve)  
 Jacket Potato with a Choice of Filling  
**Super Greens**  
 Chocolate Shortbread (Ve)

TUESDAY

Beef & Bean Burger with Jacket Wedges  
 or Lentil & Mushroom Keema with Rice (Ve)(Wg)  
 Ham or Cheese (V) Sandwich with Veggie Sticks  
**Sweetcorn & Peppers, Baked Beans**  
 Jammy Dodger Flapjack (Ve)(Wg)

WEDNESDAY

Yorkie Pud Wrap with Roasties & Gravy  
 or Chickpea & Veggie Baklava with Roasties (Ve)  
 Jacket Potato with a Choice of Filling  
**Cabbage, Sliced Carrot**  
 Orange Jelly & Mandarins (Ve)

THURSDAY

Gammon & Cauli Cheese Crumble with Penne  
 or Penne with Veggie Bolognese (Ve)(Wg)  
 Ham or Cheese (V) Sandwich with Veggie Sticks  
**Broccoli, Green Beans**  
 Lemon & Courgette Cake (V)

FRIDAY

Fish Finger Soft Taco with Chips  
 or Falafel Wrap with Mint Yoghurt & Chips (V)  
 Jacket Potato with a Choice of Filling  
**Sweetcorn, Garden Peas**  
 Vanilla Ice Cream & Sliced Banana (V)

20/2/23, 13/3/23, 3/4/23, 24/4/23, 15/5/23, 5/6/23, 26/6/23, 17/7/23,  
 7/8/23, 28/8/23, 18/9/23, 9/10/23

Mild & Sweet Chicken Curry with Rice (Wg)  
 or Mac & Cheese (V)  
 Jacket Potato with a Choice of Filling  
**Rainbow Veg**  
 Custard Cream Sponge (V)

Chicken Meatballs with Mash & Gravy (V)  
 or Vegeballs with Mash & Gravy (Ve)  
 Ham or Cheese (V) Sandwich with Veggie Sticks  
**Sweetcorn & Peppers, Garden Peas**  
 St Clement's Shortbread (Ve)

Yorkie Pud Wrap with Roasties & Gravy  
 or Mushroom & Squash Wellington with  
 Roasties & Gravy (Ve)  
 Jacket Potato with a Choice of Filling  
**Cauliflower, Sliced Carrot**  
 Strawberry Jelly & Pears (Ve)

Penne with Beef Bolognese (Wg)  
 or Mixed Bean Chilli with Rice (Ve)(Wg)  
 Ham or Cheese (V) Sandwich with Veggie Sticks  
**Broccoli, Green Beans**  
 Brookies (V)

Homemade Fishcake with Chips  
 or Onion Bhaji Burger with Chips (V)  
 Jacket Potato with a Choice of Filling  
**Baked Beans, Garden Peas**  
 Chocolate Mousse & Mandarins (V)

27/2/23, 20/3/23, 10/4/23, 1/5/23, 22/5/23, 12/6/23, 3/7/23, 24/7/23,  
 14/8/23, 4/9/23, 25/9/23, 16/10/23

Tuna & Pea Pesto Pasta with Garlic Bread (Wg)  
 or Cheese & Potato Tortilla with Garlic Bread  
 (V)(Wg)  
 Jacket Potato with a Choice of Filling  
**Super Greens**  
 Chocolate & Beetroot Brownie (V)

Beef Casserole with Dumplings & Mash  
 or Cauli Mac & Cheese (V)  
 Ham or Cheese (V) Sandwich with Veggie Sticks  
**Peas & Sweetcorn, Broccoli**  
 Apricot Flapjack (Ve)(Wg)

Yorkie Pud Wrap with Roasties & Gravy  
 or Homemade Veggie & Stuffing Roll with Roasties  
 & Gravy (Ve)  
 Jacket Potato with a Choice of Filling  
**Sliced Carrot, Swede**  
 Strawberry Jelly & Peaches (Ve)

Turkey Kofta with Mint Yoghurt &  
 Coriander Rice (Wg)  
 or Margherita Pizza (V)(Wg)  
 Ham or Cheese (V) Sandwich with Veggie Sticks  
**Green Beans, Spiced Cauliflower**  
 Banana Bread with Honey Yoghurt (V)

Fish Dog with Chips  
 or Vegeball Marinara Sub with Chips (V)  
 Jacket Potato with a Choice of Filling  
**Sweetcorn, Garden Peas**  
 Vanilla Ice Cream & Mandarins (V)

6/3/23, 27/3/23, 17/4/23, 8/5/23, 29/5/23, 19/6/23, 10/7/23, 31/7/23,  
 21/8/23, 11/9/23, 2/10/23, 23/10/23

V - Vegetarian Ve - Vegan Wg - Wholegrain

BLUE

Freshly baked bread, fresh fruit, yoghurts and fresh drinking water available daily

