

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

AUTUMN/WINTER

2023-24

Pink



**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)**  
 Choice of Filled Jackets or Tomato Pasta  
**Rainbow Veg**  
 Scoop of Vanilla Ice Cream (V)

TUESDAY

**BBQ Chicken with Jacket Wedges**  
or **Margherita Pizza with Jacket Wedges (V)**  
 Choice of Filled Jackets or Tomato Pasta  
**Sweetcorn & Peppers, Green Beans**  
 Apple Crumble (Ve)(Wg) with Custard (V)

WEDNESDAY

**Roast Gammon with Roasties & Gravy**  
or **Chickpea & Veggie Puff with Roasties (Ve)**  
 Choice of Filled Jackets or Tomato Pasta  
**Broccoli, Sliced Carrot**  
 Strawberry Jelly & Peaches (Ve)

THURSDAY

**Cottage Pie**  
or **Root Vegetable Cottage Pie (Ve)**  
 Choice of Filled Jackets or Tomato Pasta  
**Cauliflower, Swede**  
 Chocolate Mousse with Pears (V)

FRIDAY

**Fish Fingers or Salmon Fish Fingers with Chips or**  
**Garden Vegetable Goujons with Chips (Ve)**  
 Choice of Filled Jackets or Tomato Pasta  
**Baked Beans, Garden Peas**  
 Flapjack ( V)  
 4/9/23, 25/9/23, 16/10/23, 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)**  
 Choice of Filled Jackets or Tomato Pasta  
**Rainbow Veg**  
 Scoop of Vanilla Ice Cream (V)

**Meatball Marinara Sub with Jacket Wedges**  
or **Margherita Pizza with Jacket Wedges (V)**  
 Choice of Filled Jackets or Tomato Pasta  
**Sweetcorn, Green Beans**  
 Apple & Pear Crumble (Ve)(Wg) with Custard (V)

**Roast Chicken with Roasties & Gravy**  
or **Homemade Veggie & Stuffing Roll with Roasties & Gravy (Ve)**  
 Choice of Filled Jackets or Tomato Pasta  
**Cauliflower, Carrot Batons**  
 Orange Jelly & Mandarins (Ve)

**Pork or Chicken .Sausages with Mash & Gravy or Veggie Sausage with Mash & Gravy (Ve)**  
 Choice of Filled Jackets or Tomato Pasta  
**Cabbage, Garden Peas**  
 Banana Custard (V)

**Fish Fingers or Salmon Fish Fingers with Chips or**  
**Garden Vegetable Goujons with Chips (Ve)**  
 Choice of Filled Jackets or Tomato Pasta  
**Baked Beans, Garden Peas**  
 Chocolate Shortbread (Ve)  
 11/9/23, 2/10/23, 23/10/23, 13/11/23, 4/12/23,  
 25/12/23, 15/1/24, 5/2/24, 26/2/24, 18/3/24

**Cauli Mac & Cheese (V) or Veggie Chow Mein (Ve)**  
 Choice of Filled Jackets or Tomato Pasta  
**Rainbow Veg**  
 Scoop of Vanilla Ice Cream (V)

**Chicken Burrito with Jacket Wedges**  
or **Margherita Pizza with Jacket Wedges (V)**  
 Choice of Filled Jackets or Tomato Pasta  
**Sweetcorn, Green Beans**  
 Peach & Pineapple Crumble (Ve)(Wg) with Custard (V)

**Roast Gammon with Roasties & Gravy**  
or **Veggie Sausage Toad in the Hole with Roasties & Gravy (V)**  
 Choice of Filled Jackets or Tomato Pasta  
**Cabbage, Sliced Carrot**  
 Strawberry Jelly & Pineapple (Ve)

**Penne with Beef Bolognese (Wg) or Penne with Beany Bolognese (Ve)(Wg)**  
 Choice of Filled Jackets or Tomato Pasta  
**Swede, Shredded Carrots**  
 Chocolate Mousse with Mandarins (V)

**Fish Fingers or Salmon Fish Fingers with Chips or**  
**Garden Vegetable Goujons with Chips (Ve)**  
 Choice of Filled Jackets or Tomato Pasta  
**Baked Beans, Garden Peas**  
 Iced Shortbread (Ve)  
 18/9/23, 9/10/23, 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