

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

YELLOW



edwards and ward  
a recipe for success

## WEEK ONE

## WEEK TWO

## WEEK THREE

MONDAY

Turkey Kofta with Mint Yoghurt & Rice (Wg)  
**or** Mac & Cheese (V)  
 Jacket Potato with a Choice of Filling  
**Super Greens**  
 Jammy Dodger Flapjack (Ve)(Wg)

TUESDAY

Beef Lasagne with Garlic Bread (Wg)  
**or** Vegan Shepherd's Pie (Ve)  
 Jacket Potato with a Choice of Filling  
**Cauliflower, Garden Peas**  
 Apple Crumble (Ve)(Wg) with Custard (V)

WEDNESDAY

Roast of the Day with Roasties & Gravy  
**or** Chickpea & Veggie Baklava with Roasties (Ve)  
 Jacket Potato with a Choice of Filling  
**Cabbage, Sliced Carrots**  
 Strawberry Jelly & Pears (Ve)

THURSDAY

Gammon & Cauli Cheese Crumble with  
 New Potatoes  
**or** Penne with Tomato Super Sauce (Ve)(Wg)  
 Jacket Potato with a Choice of Filling  
**Broccoli, Sweetcorn**  
 Banana Mousse & Sliced Banana (V)

FRIDAY

Fish Fingers with Chips  
**or** Veggieball Marinara Sub with Chips (V)  
 Jacket Potato with a Choice of Filling  
**Baked Beans, Garden Peas**  
 Chocolate & Beetroot Brownie (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

Penne with Beef Bolognese & Garlic Bread (Wg)  
**or** Cheese & Potato Tortilla with Garlic Bread  
 (V)(Wg)  
 Jacket Potato with a Choice of Filling  
**Rainbow Veg**  
 Custard Cream Sponge (V)

Pork Sausages with Mash & Gravy  
**or** Veggieballs with Mash & Gravy (Ve)  
 Jacket Potato with a Choice of Filling  
**Sweetcorn & Peppers, Garden Peas**  
 Apricot Flapjack (Ve)(Wg)

Roast of the Day with Roasties & Gravy  
**or** Homemade Veggie & Stuffing Roll with Roasties  
 & Gravy (Ve)  
 Jacket Potato with a Choice of Filling  
**Cauliflower, Sliced Carrot**  
 Orange Jelly & Mandarins (Ve)

Cottage Pie  
**or** Penne with Veggie Bolognese (Ve)(Wg)  
 Jacket Potato with a Choice of Filling  
**Swede, Broccoli**  
 Apple & Pear Crumble (Ve)(Wg) with Custard (V)

Fish Fingers with Chips  
**or** Veggie Burger with Chips (Ve)  
 Jacket Potato with a Choice of Filling  
**Baked Beans, Garden Peas**  
 Chocolate Shortbread (Ve)

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

Mild & Sweet Chicken Curry with Rice (Wg)  
**or** Vegetable Lasagne with Garlic Bread (V)(Wg)  
 Jacket Potato with a Choice of Filling  
**Super Greens**  
 Toffee Apple Sponge with Apple Custard (V)

Fish Pie with Rosti Topping  
**or** Margherita Pizza (V)(Wg)  
 Jacket Potato with a Choice of Filling  
**Garden Peas, Shredded Carrots**  
 Lemon & Courgette Cake (V)

Roast of the Day with Roasties & Gravy  
**or** Veggie Sausage Toad in the Hole with  
 Roasties & Gravy (V)  
 Jacket Potato with a Choice of Filling  
**Broccoli, Sliced Carrot**  
 Strawberry Jelly & Peaches (Ve)

Chicken Meatballs with Mash & Gravy  
**or** Mixed Bean Chilli with Rice (Ve)(Wg)  
 Jacket Potato with a Choice of Filling  
**Green Beans, Sweetcorn**  
 Fruit Shortbread (Ve)

Fish Fingers with Chips  
**or** Garden Vegetable Goujons with Chips (Ve)  
 Jacket Potato with a Choice of Filling  
**Baked Beans, Garden Peas**  
 Chocolate Mousse & 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

YELLOW

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