

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

2022-23

Genesis Trust



edwards and ward
a recipe for success

WEEK ONE

MONDAY

Swedish Meatballs (H) *or* Quorn Swedish Meatballs (V) with Mash & Creamy Gravy
 Jacket Potato with Choice of Filling
 Tomato Soup & Cheese Baguette (V)
Sweetcorn, Carrots
 Choice of Fresh Fruit or Yoghurt

TUESDAY

Mild & Sweet Chicken Curry with Rice (H)(Wg)
 Mac & Cheese (V)
 Jacket Potato with Choice of Filling
 Minestrone Soup & Cheese Baguette (V)
Cauliflower, Green Beans
 Jammy Dodger Flapjack (Ve)(Wg)

WEDNESDAY

Roast Chicken (H) *or* Quorn Fillet (Ve)
 with Roast Potatoes & Gravy
 Jacket Potato with Choice of Filling
 Tomato Soup & Cheese Baguette (V)
Carrots, Garden Peas
 Strawberry Jelly & Pears (Ve)

THURSDAY

Pasta with Bolognese Sauce (H)(Wg)
 French Bread Margherita Pizza (V)
 Jacket Potato with Choice of Filling
 Minestrone Soup & Cheese Baguette (V)
Cucumber Sticks, Tomato Wedges
 Apple Crumble (Ve)(Wg) with Custard (V)

FRIDAY

MSC Fish Fingers *or* Quorn Fishless Fingers (Ve)
 with Chips
 Jacket Potato with Choice of Filling
 Tomato Soup & Cheese Baguette (V)
Baked Beans, Garden Peas
 Chocolate Shortbread (Ve)

21/11/22, 12/12/22, 2/1/23, 23/1/23, 13/2/23

WEEK TWO

Chicken Sausages (H) *or* Veggie Sausage (Ve)
 with Mash & Gravy
 Jacket Potato with Choice of Filling
 Tomato Soup & Cheese Baguette (V)
Garden Peas, Carrot Batons
 Choice of Fresh Fruit or Yoghurt

Rainbow Vegetable & Chicken Stir-Fry (H)
 Raviolini with Tomato Sauce (Ve)
 Jacket Potato with Choice of Filling
 Minestrone Soup & Cheese Baguette (V)
Sweetcorn & Peppers, Garden Peas
 St Clement's Shortbread (Ve)

Roast Pork & Gravy *or* Tomato & Cheddar
 Plait (V) with Roast Potatoes
 Jacket Potato with Choice of Filling
 Tomato Soup & Cheese Baguette (V)
Cauliflower & Sliced Carrot
 Strawberry Jelly & Peaches (Ve)

Chicken & Sweetcorn Pasta Bake (H)(Wg)
 Rainbow Vegetable Stir-Fry (Ve)
 Jacket Potato with Choice of Filling
 Minestrone Soup & Cheese Baguette (V)
Broccoli Florets, Sweetcorn
 Apple & Pear Crumble (Ve)(Wg) with Custard (V)

MSC Fish Fingers *or* Quorn Fishless Fingers (Ve)
 with Chips
 Jacket Potato with Choice of Filling
 Tomato Soup & Cheese Baguette (V)
Baked Beans, Garden Peas
 Chocolate & Beetroot Brownie (V)

28/11/22, 19/12/22, 9/1/23, 30/1/23

WEEK THREE

Chicken & Sweetcorn Pie Topped with
 Cheesy Mash (H)
 Shepherdess Pie (Ve)
 Jacket Potato with Choice of Filling
 Tomato Soup & Cheese Baguette (V)
Garden Peas, Sweetcorn
 Choice of Fresh Fruit or Yoghurt

Texan One Pot Beef Chilli (H)(Wg)
 Cauli Mac & Cheese (V)
 Jacket Potato with Choice of Filling
 Minestrone Soup & Cheese Baguette (V)
Super Greens
 Apricot Flapjack (Ve)

Roast Turkey (H) *or* Veggie Sausage Toad in the
 Hole (V) with Roast Potatoes & Gravy
 Jacket Potato with Choice of Filling
 Tomato Soup & Cheese Baguette (V)
Carrots, Garden Peas
 Strawberry Jelly & Fruit Cocktail (Ve)

Arabiatta Chicken Meatballs with Pasta (H)(Wg)
 French Bread Margherita Pizza with Coleslaw (V)
 Jacket Potato with Choice of Filling
 Minestrone Soup & Cheese Baguette (V)
Cucumber Sticks, Tomato Wedges
 Jumbleberry Crumble (Ve)(Wg) with Custard (V)

MSC Fish Fingers *or* Quorn Fishless Fingers (Ve)
 with Chips
 Jacket Potato with Choice of Filling
 Tomato Soup & Cheese Baguette (V)
Baked Beans, Garden Peas
 Chocolate Oaty Square (Ve)(Wg)

5/12/22, 26/12/22, 16/1/23, 6/2/23



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

V - Vegetarian Ve - Vegan H - Halal Wg - Wholegrain

Genesis