

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

SPRING/SUMMER

2023

Genesis Trust



edwards and ward
a recipe for success

WEEK ONE

WEEK TWO

WEEK THREE

MONDAY

Chicken Meatballs **or** Vegballs (Ve)
with Mash & Gravy
Jacket Potato with Choice of Filling
Classic Tomato Soup & Cheese Baguette (V)
Sweetcorn, Shredded Carrots
Choice of Fresh Fruit or Yoghurt

TUESDAY

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

WEDNESDAY

Slow Roasted Chicken **or** Quorn Fillet (Ve)
with Roasties & Gravy
Jacket Potato with Choice of Filling
Classic Tomato Soup & Cheese Baguette (V)
Sliced Carrots, Garden Peas
Strawberry Jelly & Pears (Ve)

THURSDAY

Penne with Beef Bolognese (Wg) **or**
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

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

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

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

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

Slow Roasted Beef & Gravy **or** Tomato & Cheddar
Plait (V) with Roasties
Jacket Potato with Choice of Filling
Classic Tomato Soup & Cheese Baguette (V)
Cauliflower & Sliced Carrot
Strawberry Jelly & Peaches (Ve)

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

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

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

Chicken & Sweetcorn Pie Topped with
Cheesy Mash **or** Vegan Shepherd's Pie (Ve)
Jacket Potato with Choice of Filling
Classic Tomato Soup & Cheese Baguette (V)
Garden Peas, Sweetcorn
Choice of Fresh Fruit or Yoghurt

Beef Meatballs in Tomato Sauce with
Herby Cous Cous **or** Cauli Mac & Cheese (V)
Jacket Potato with Choice of Filling
Minestrone Soup & Cheese Baguette (V)
Super Greens
Apricot Flapjack (Ve)

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

Arabiatta Chicken Meatballs with Pasta (Wg)
or 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)

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

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

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

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

