

# 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 Chicken 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, 17/4/23, 08/05/23, 05/06/23, 26/06/23,  
 17/07/23 xxx 04/09/23, 25/09/23, 16/10/23

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

Roast Beef 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, 24/04/23, 15/05/23, 12/06/23, 03/07/23,  
 11/09/23, 02/10/23,

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)

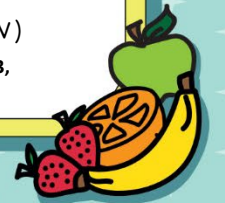
Roast Turkey with Roasties & Gravy  
 or Veggie Sausage Toad in the Hole with  
 Roasties & Gravy (V)  
 Jacket Potato with a Choice of Filling  
**Broccoli, Sliced Carrot**  
 Strawberry Jelly & Peaches (Ve)

Chicken Meatballs & 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, 01/05/23, 22/05/23, 19/06/23,  
 10/07/23, 18/09/23, 09/10/23,

V - Vegetarian Ve - Vegan Wg - Wholegrain

YELLOW



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