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.







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.

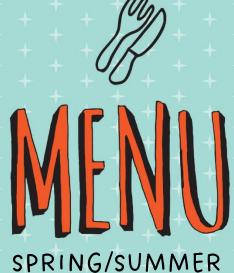


## SPECIAL DIETS

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.



2023



edwards and ward

### WEEK ONE

### MEEK TWO

## Turkey Kofta with Mint Yoghurt & Rice (Wg) or Mac & Cheese (V)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Jacket Potato with a Choice of Filling
Super Greens

Jammy Dodger Flapjack (Ve)(Wg)

## 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)

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)

## 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)

#### Fish Fingers with Chips or Vegeball Marinara Sub with Chips (V)

Jacket Potato with a Choice of Filling

Baked Beans, Garden Peas

Chocolate & Beetroot Brownie (V) 16/10/23, 13/11, 4/12, 08/01/24, 29/01, 26/02, 18/03,

## 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) 30/10/23, 20/11, 11/12, 15/01, 05/02, 04/03,25/03

### WEEK THREE

# 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) 06/11/23, 27/11, 18/12, 22/01, 19/02, 11/03

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