

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

ORANGE



edwards and ward
a recipe for success

WEEK ONE

WEEK TWO

WEEK THREE

MONDAY

Pizza Mac & Cheese (V)
 or Mixed Bean Chilli with Rice (Ve)(Wg)
 Jacket Potato with a Choice of Filling
Super Greens
 Fruit Salad (Ve)

TUESDAY

Chicken Burrito with Mexican Rice (Wg)
 or All-Day Veggie Breakfast (V)
 Jacket Potato with a Choice of Filling
Sweetcorn & Peppers, Baked Beans
 Jammy Dodger Flapjack (Ve)(Wg)

WEDNESDAY

Slow Roasted Chicken with Roasties & Gravy
 or Chickpea & Veggie Baklava with Roasties (Ve)
 Jacket Potato with a Choice of Filling
Cabbage, Sliced Carrot
 Vanilla Ice Cream & Sliced Banana (V)

THURSDAY

Turkey Kofta with Mint Yoghurt & Coriander Rice (Wg)
 or Penne with Tomato Super Sauce (Ve)(Wg)
 Jacket Potato with a Choice of Filling
Broccoli, Sweetcorn
 Lemon & Courgette Cake (V)

FRIDAY

Fish Fingers with Chips
 or Veggieball Marinara Sub with Chips (V)
 Jacket Potato with a Choice of Filling
Baked Beans, Garden Peas
 Strawberry Jelly & Pears (Ve)

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 Veggie Bolognese & Garlic Bread (Ve)(Wg)
 or Lentil & Mushroom Keema with Rice (Ve)(Wg)
 Jacket Potato with a Choice of Filling
Rainbow Veg
 Fruit Salad (Ve)

Homemade Fishcake with Jacket Wedges
 or Margherita Pizza with Jacket Wedges (V)(Wg)
 Jacket Potato with a Choice of Filling
Sweetcorn & Peppers, Garden Peas
 Lime Shortbread (Ve)

Slow Roasted Chicken with Roasties & Gravy
 or Mushroom & Squash Wellington with Roasties & Gravy (Ve)
 Jacket Potato with a Choice of Filling
Cauliflower, Sliced Carrot
 Vanilla Ice Cream & Peaches (V)

Chicken Paella (Wg)

or Mac & Cheese (V)

Jacket Potato with a Choice of Filling
Broccoli, Green Beans
 Banana Bread with Honey Yoghurt (V)

Fish Fingers with Chips

or Falafel Wrap with Mint Yoghurt & Chips (V)

Jacket Potato with a Choice of Filling
Baked Beans, Garden Peas
 Orange Jelly & Mandarins (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

Vegetable Lasagne with Garlic Bread (V)(Wg)
 or Cheese & Potato Tortilla with Garlic Bread (V)(Wg)
 Jacket Potato with a Choice of Filling
Super Greens
 Fruit Salad (Ve)

Tuna & Pea Pesto Pasta (Wg)
 or Margherita Pizza with Jacket Wedges (V)(Wg)
 Jacket Potato with a Choice of Filling
Peas & Sweetcorn, Broccoli
 Apricot Flapjack (Ve)(Wg)

Slow Roasted Chicken with Roasties & Gravy
 or Veggie Sausage Toad in the Hole with Roasties & Gravy (V)
 Jacket Potato with a Choice of Filling
Sliced Carrot, Swede
 Vanilla Ice Cream & Mandarins (V)

Mild & Sweet Chicken Curry with Rice (Wg)

or Veggie & Bean Burrito with Rice (V)(Wg)

Jacket Potato with a Choice of Filling
Green Beans, Sweetcorn
 Chocolate & Beetroot Brownie (V)

Fish Fingers with Chips

or Garden Vegetable Goujons with Chips (Ve)

Jacket Potato with a Choice of Filling
Baked Beans, Garden Peas
 Banana Mousse & Sliced Banana (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



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

V - Vegetarian Ve - Vegan Wg - Wholegrain

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