

# 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

# 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)

Classic Tomato Soup & Cheese Baguette

**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)

Classic Tomato Soup & Cheese Baguette

**Broccoli, Sweetcorn**

Lemon & Courgette Cake (V)

FRIDAY

Fish Fingers with Chips

or Vegeball 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 Pasta 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)

Classic Tomato Soup & Cheese Baguette

**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)

Classic Tomato Soup & Cheese Baguette

**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)

Classic Tomato Soup & Cheese Baguette

**Peas & Sweetcorn**

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)

Classic Tomato Soup & Cheese Baguette

**Green Beans, Sweetcorn**

Chocolate & Beetroot Brownie (V)

Fish Fingers with Chips

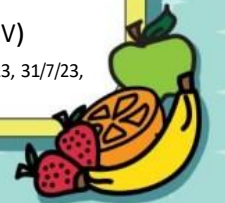
or Garden Vegetable Fingers with Chips (Ve)

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

ORANGE