

# 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

AUTUMN/WINTER

2023-24

Red



edwards and ward  
a recipe for success

## WEEK ONE

## WEEK TWO

## WEEK THREE

MONDAY

Mac & Cheese (V) **or**  
 Mixed Bean Chilli with Rice (Ve)(Wg)  
 Choice of Filled Jackets or Tomato Pasta  
**Rainbow Veg**  
 Scoop of Vanilla Ice Cream (V)

TUESDAY

Mild & Sweet Chicken Curry with Rice (Wg)  
**or** Margherita Pizza with Jacket Wedges (V)  
 Choice of Filled Jackets or Tomato Pasta  
**Sweetcorn & Peppers, Cauliflower**  
 Apple Crumble (Ve)(Wg) with Custard (V)

WEDNESDAY

Roast of the Day with Roasties & Gravy **or**  
 Chickpea & Veggie Puff with Roasties (Ve)  
 Choice of Filled Jackets or Tomato Pasta  
**Broccoli, Sliced Carrot**  
 Strawberry Jelly & Peaches (Ve)

THURSDAY

Tuna & Pea Pesto Pasta (Wg)  
**or** Penne with Tomato Super Sauce (Ve)  
 Choice of Filled Jackets or Tomato Pasta  
**Green Beans, Swede**  
 Chocolate Mousse with Pears (V)

FRIDAY

Fish Fingers or Salmon Fish Fingers with Chips **or**  
 Falafel Wrap with Mint Yoghurt & Chips (V)  
 Choice of Filled Jackets or Tomato Pasta  
**Baked Beans, Garden Peas**  
 Flapjack (Ve)

6/11/23, 27/11/23, 18/12/23, 8/1/24, 29/1/24, 19/2/24, 11/3/24

Vegetable Lasagne (V) **or**  
 Lentil & Mushroom Keema Curry with Rice (Ve)  
 Choice of Filled Jackets or Tomato Pasta  
**Rainbow Veg**  
 Scoop of Vanilla Ice Cream (V)

Chicken Paella (Wg)  
**or** Margherita Pizza with Jacket Wedges (V)  
 Choice of Filled Jackets or Tomato Pasta  
**Sweetcorn, Green Beans**  
 Apple & Pear Crumble (Ve)(Wg) with Custard (V)

Roast of the Day with Roasties & Gravy **or**  
 Homemade Veggie & Stuffing Roll with Roasties &  
 Gravy (Ve)  
 Choice of Filled Jackets or Tomato Pasta  
**Cauliflower, Carrot Batons**  
 Orange Jelly & Mandarins (Ve)

Penne with Chicken Meatballs in Classic Tomato  
 Sauce (Wg)  
**or** Penne with Classic Tomato Sauce (Ve)(Wg)  
 Choice of Filled Jackets or Tomato Pasta  
**Cabbage, Garden Peas**  
 Banana Custard (V)

Fish Fingers or Salmon Fish Fingers with Chips **or**  
 Vegeball Marinara Sub with Chips (V)  
 Choice of Filled Jackets or Tomato Pasta  
**Baked Beans, Garden Peas**  
 Chocolate Shortbread (Ve)

13/11/23, 4/12/23, 25/12/23, 15/1/24, 5/2/24, 26/2/24, 18/3/24

Pizza Mac & Cheese (V) **or**  
 Mild Sweet Potato & Chickpea Curry with Rice (Ve)  
 Choice of Filled Jackets or Tomato Pasta  
**Rainbow Veg**  
 Scoop of Vanilla Ice Cream (V)

Chicken Tandoori with Golden Rice (Wg)  
**or** Margherita Pizza with Jacket Wedges (V)  
 Choice of Filled Jackets or Tomato Pasta  
**Sweetcorn, Green Beans**  
 Peach & Pineapple Crumble (Ve)(Wg) with  
 Custard (V)

Roast of the Day with Roasties & Gravy **or**  
 Veggie Sausage Toad in the Hole with Roasties &  
 Gravy (V)  
 Choice of Filled Jackets or Tomato Pasta  
**Cabbage, Sliced Carrot**  
 Strawberry Jelly & Pineapple (Ve)

Chicken, Broccoli & Sweetcorn Pasta Bake (Wg)  
**or** Penne with Beany Bolognese (Ve)(Wg)  
 Choice of Filled Jackets or Tomato Pasta  
**Swede, Shredded Carrots**  
 Chocolate Mousse with Mandarins (V)

Fish Fingers or Salmon Fish Fingers with Chips **or**  
 Garden Vegetable Goujons with Chips (Ve)  
 Choice of Filled Jackets or Tomato Pasta  
**Baked Beans, Garden Peas**  
 Iced Shortbread (Ve)

30/10/23, 20/11/23, 11/12/23, 1/1/24, 22/1/24, 12/2/24, 4/3/24, 25/3/24



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

V - Vegetarian Ve - Vegan Wg - Wholegrain