

# 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)  
 Jacket Potato with a Choice of Filling  
**Rainbow Veg**  
 Scoop of Vanilla Ice Cream (V)

TUESDAY

Mild & Sweet Chicken Curry with Rice (Wg)  
**or** Margherita Pizza with Jacket Wedges (V)  
 Jacket Potato with a Choice of Filling  
**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)  
 Jacket Potato with a Choice of Filling  
**Broccoli, Sliced Carrot**  
 Strawberry Jelly & Peaches (Ve)

THURSDAY

Tuna & Pea Pesto Pasta (Wg)  
**or** Penne with Tomato Super Sauce (Ve)  
 Jacket Potato with a Choice of Filling  
**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)  
 Jacket Potato with a Choice of Filling  
**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)  
 Jacket Potato with a Choice of Filling  
**Rainbow Veg**  
 Scoop of Vanilla Ice Cream (V)

Chicken Paella (Wg)  
**or** Margherita Pizza with Jacket Wedges (V)  
 Jacket Potato with a Choice of Filling  
**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)  
 Jacket Potato with a Choice of Filling  
**Cauliflower, Carrot Batons**  
 Orange Jelly & Mandarins (Ve)

Penne with Chicken Meatballs in Classic Tomato  
 Sauce (Wg)  
**or** Penne with Classic Tomato Sauce (Ve)(Wg)  
 Jacket Potato with a Choice of Filling  
**Cabbage, Garden Peas**  
 Banana Custard (V)

Fish Fingers or Salmon Fish Fingers with Chips **or**  
 Vegeball Marinara Sub with Chips (V)  
 Jacket Potato with a Choice of Filling  
**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)  
 Jacket Potato with a Choice of Filling  
**Rainbow Veg**  
 Scoop of Vanilla Ice Cream (V)

Chicken Tandoori with Golden Rice (Wg)  
**or** Margherita Pizza with Jacket Wedges (V)  
 Jacket Potato with a Choice of Filling  
**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)  
 Jacket Potato with a Choice of Filling  
**Cabbage, Sliced Carrot**  
 Strawberry Jelly & Pineapple (Ve)

Chicken, Broccoli & Sweetcorn Pasta Bake (Wg)  
**or** Penne with Beany Bolognese (Ve)(Wg)  
 Jacket Potato with a Choice of Filling  
**Swede, Shredded Carrots**  
 Chocolate Mousse with Mandarins (V)

Fish Fingers or Salmon Fish Fingers with Chips **or**  
 Garden Vegetable Goujons with Chips (Ve)  
 Jacket Potato with a Choice of Filling  
**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

V - Vegetarian Ve - Vegan Wg - Wholegrain

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

