



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 also use fair trade products

DIETARY AND ALLERGEN ADVICE

If your child requires a special diet for medical reasons please contact

SPECIALDIETS@EDWARDSANDWARD.CO.UK

Please note menus subject to change due to unforeseen circumstances



DATE *Spring Summer 2021*

PAY *You!*

SUM OF *Four Hundred and Thirty Seven Pounds*



£437.00



ALL PUPILS IN RECEPTION UP TO YEAR 2 ARE ENTITLED TO A FREE, NUTRITIOUS SCHOOL MEAL AT LUNCHTIME! Everyone gets Universal Infant

Free School Meals automatically and will benefit by **£437** a year per child.

If your child is in year 3 or above, find out if they could also qualify for a free school meal by contacting the school office.

05 05439177 400551 508547



Smile
food that makes you happy



EDWARDS AND WARD SCHOOL

SPRING / SUMMER 2021

MENU





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EDWARDS AND WARD SCHOOL

SPRING / SUMMER 2021

MENU



WEEK 1

19/04/2021, 10/05/2021, 31/05/2021, 21/06/2021,
12/07/2021, 30/08/2021, 20/09/2021, 11/10/2021

WEEK 2

26/04/2021, 17/05/2021, 07/06/2021, 28/06/2021
19/07/2021, 06/09/2021, 27/09/2021, 18/10/2021

WEEK 3

03/05/2021, 24/05/2021, 14/06/2021, 05/07/2021
26/07/2021, 13/09/2021, 04/10/2021, 25/10/2021

MONDAY

Sweet & Sour Chicken with Rice (WG)
or
Tomato, Vegetable & Bean Ragù with Penne (Ve) (WG)
or
Jacket Potato with a Choice of Filling
Oriental Veg, Green Beans
Vanilla Ice Cream & Peaches (V)

TUESDAY

Shepherd's Pie
or
Honey & Ginger Vegetable Stir Fry (V)
or
Jacket Potato with a Choice of Filling
Garden Peas, Sweetcorn & Peas
Chocolate & Sweet Potato Brownie (V)

WEDNESDAY

Pepperoni Pizza (WG)
or
Roasted Vegetable Cous Cous (V)
or
Jacket Potato with a Choice of Filling
Mixed Salad
Pear, Cinnamon & Sultana Crumble (Ve) (WG) with Custard (V)

THURSDAY

Roast Chicken with Roast Potatoes & Gravy
or
Butternut Squash & Chickpea Thai Curry with Rice (Ve) (WG)
or
Jacket Potato with a Choice of Filling
Carrots, Cauliflower
Fruit Platter (Ve)

FRIDAY

MSC Fish Fingers or Salmon Fish Fingers
with Chips & Tomato Sauce
or
Quorn Hot Dog with Chips & Tomato Sauce (V)
or
Jacket Potato with a Choice of Filling
Garden Peas, Baked Beans
Strawberry Jelly & Pineapple Chunks (Ve)

WG – Wholegrains
Ve – Vegan
V – Vegetarian



FRESH
HEALTHY
TASTY

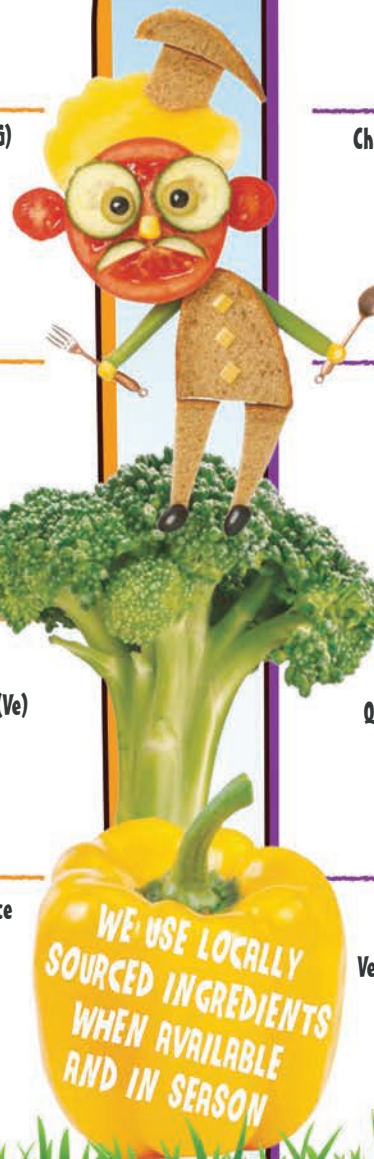
Chicken Meatballs with Mash & Gravy
or
Veggie Mince Chilli with Rice (Ve) (WG)
or
Jacket Potato with a Choice of Filling
Super Greens
Chocolate Custard & Pears (V)

Mexican Beef Burrito with Savoury Rice (WG)
or
Cheesy Broccoli Pasta (V) (WG)
or
Jacket Potato with a Choice of Filling
Peas & Carrots
Cherry Swirl Sponge with Custard (V)

Chicken Tikka Masala with Rice (WG)
or
Cheese & Tomato Pizza (V) (WG)
or
Jacket Potato with a Choice of Filling
Mixed Salad, Broccoli
Rhubarb Crumble (Ve) (WG)
with Custard (V)

Roast Beef with Roast Potatoes & Gravy
or
Veggie Sausages with Roast Potatoes & Gravy (Ve)
or
Jacket Potato with a Choice of Filling
Shredded Cabbage, Green Beans
Apple & Grape Pots (Ve)

Bubble Crumb Fish with Chips & Tomato Sauce
or
Pizza Catherine Pinwheel
with Chips & Tomato Sauce (V) (WG)
or
Jacket Potato with a Choice of Filling
Garden Peas, Baked Beans
Orange Jelly & Peach Slices (Ve)



WE USE LOCALLY
SOURCED INGREDIENTS
WHEN AVAILABLE
AND IN SEASON

Sausages with Mash & Gravy
or
Veggie Burrito (V)
or
Jacket Potato with a Choice of Filling
Rainbow Veg, Mixed Salad
Strawberry Mousse (V)

Chicken & Sweetcorn Pie with Parsley Potatoes
or
Rainbow Vegetable Stir Fry (Ve)
or
Jacket Potato with a Choice of Filling
Cabbage, Peas & Sweetcorn
Carrot Cake (V)

Beef Goulash with Rice (WG)
or
Mac & Cheese (V)
or
Jacket Potato with a Choice of Filling
Carrots, Mixed Salad
Caramelised Apple Crumble (Ve) (WG)
with Custard (V)

Roast Turkey with Roast Potatoes & Gravy
or
Quorn Fillet with Roast Potatoes & Gravy (V)
or
Jacket Potato with a Choice of Filling
Swede, Green Beans
Mandarins & Yoghurt (V)

Battered Fish with Chips & Tomato Sauce
or
Veggie Burger with Chips & Tomato Sauce (Ve)
or
Jacket Potato with a Choice of Filling
Garden Peas, Baked Beans
Strawberry Jelly & Fruit Cocktail (Ve)



Smile food that makes you happy

(V) Suitable for Vegetarians

SERVED DAILY – FRESHLY BAKED BREAD, FRESH FRUIT, YOGHURTS AND FRESH DRINKING WATER.