



**edwards and ward**  
a recipe for success

Edwards & Ward are delighted to provide fresh, nutritious and healthy lunches to the pupils at your school. We are an award winning caterer specialising in education and we have built our reputation on fresh food prepared on site by staff who care about what they do.



look out  
for special  
theme days



Our seasonal fresh vegetables are sourced from local farms wherever possible and we also use fair trade products

Did you know that we only use organic, red tractor or farm assured meat in all our schools.



We also serve your children organic vegetables.

We only use the freshest free range eggs.



Edwards and Ward ensures that all of our menus stick to the current School Food Standards.

All of our fish is MSC Certified to encourage sustainable fishing practices.



#### Dietary and Allergen advice

If your child has been advised by their GP or Health Care Professional to either follow a special diet or to avoid certain foods containing any of the "identified" allergens as per Food Information for Consumers Regs. 2014, then please contact your Childs school and our Special Diet and Allergen help line on

**01934 615616**

#### Contact Us

We will be delighted to hear from you,  
[wandsworth@edwardsandward.co.uk](mailto:wandsworth@edwardsandward.co.uk)  
[www.edwardsandward.co.uk](http://www.edwardsandward.co.uk)



AUTUMN/WINTER 2017

**MENU  
2017  
WANDSWORTH  
PRIMARY**



In Partnership with Wandsworth Borough Council



# Week 1

04/09/2017, 25/09/2017, 16/10/2017, 13/11/2017,  
04/12/2017, 01/01/2018, 22/01/2018



MONDAY

Savoury Beef Mince  
Or  
Quorn Paella   
Jacket Potato, Penne Pasta  
Garden Peas, Fresh Cauliflower  
Apple and Blackberry Crumble and Custard

MONDAY

TUESDAY

Chicken Italiano  
Or  
Mexican Vegetable Buritto   
Pasta Twists, New Potatoes  
Sweetcorn with Peppers, Green Beans  
Sultana Pudding with Lemon Syrup



TUESDAY

WEDNESDAY

Roast Beef with Thyme Gravy  
Or  
Vegetable Spaghetti Bolognese   
Roast Potatoes, Egg Noodles  
Sliced Carrots, Savoy Cabbage  
Strawberry Jelly with Peach Slices

WEDNESDAY

THURSDAY

Sticky BBQ Chicken  
Or  
Roasted Butternut Jalfrezi   
Vegetable Rice, New Potatoes  
Broccoli Florets, Sweetcorn  
Jam Sponge and Custard

THURSDAY

FRIDAY

MSC Battered Fish  
Or  
Cheddar Cheese and Red Onion Quiche   
Chips, Brown and White Rice  
Baked Beans, Baked Courgettes  
Chelsea Bun



FRIDAY

# Week 2

11/09/2017, 02/10/2017, 01/11/2017, 20/11/2017,  
11/12/2017, 08/01/2018, 29/01/2018,



MONDAY

Sweet and Sour Chicken  
Or  
Jacket Potato with Beans and Cheese   
Egg Noodles, Lemon Rice  
Sweetcorn, Broccoli  
Apple Crumble and Custard

TUESDAY

Beef Rogan Josh  
Or  
Bean and Vegetable Taco's   
Brown and White Rice, New Potatoes  
Sliced Carrots, Green Beans  
Butterscotch Bread Pudding



WEDNESDAY

Roast Chicken with Stuffing and Gravy  
Or  
Vegetable Biryani   
Roast Potatoes, Parsley Potatoes  
Medley Of Vegetables, Salad Bar  
St Clements Cake and Custard



THURSDAY

Lamb Moussaka  
Or  
Tomato and Basil Pasta Bake   
New Potatoes, Fragrant Rice  
Garden Peas, Grated Carrots  
Iced Carrot Cake

FRIDAY

Cheese and Tomato Pizza  
Or  
Salmon and Watercress Tart   
Baked Wedges, New Potatoes  
Baked Beans, Sweetcorn with Peppers  
Chocolate Fudge Cake

# Week 3

18/09/2017, 09/10/2017, 06/11/2017, 27/11/2017,  
18/11/2017, 15/01/2018, 05/02/2018,

MONDAY

Spaghetti Bolognese  
Or  
Thai Pumpkin and Chick Pea Curry   
Spaghetti, Steamed Rice  
Cauliflower, Garden Peas  
Banana Custard

TUESDAY

Chicken and Sweetcorn Puff Pie  
Or  
Quorn Chilli   
Parsley Potatoes, Rice and Peas  
Broccoli, Sliced Carrots  
Fruity Crunch Crumble with Custard



WEDNESDAY

Beef Enchilada's with Tomato Salsa  
Or  
Macaroni Cheese   
Turmeric Rice, Garlic Bread  
Sweetcorn, Salad Bar  
Lemon Drizzle Cake

THURSDAY

Paprika Chicken with Sour Cream and Chive  
Or  
Quorn Shepherd's Pie with Sweet Potato   
Ranch Potatoes, Creamed Potatoes  
Shredded Carrots, Green Beans  
Vanilla Sponge and Chocolate Custard



FRIDAY

MSC Battered Fish  
Or  
Spinach and Mushroom Lasagne   
Chips, New Potatoes  
Baked Beans, Garden Peas  
Oatmeal Zucchini Cookie and Ice Cream

Suitable for Vegetarians



Served Daily – Freshly baked bread, Freshly sliced fruit,  
yogurts and fresh drinking water.

Smile food that makes you happy