

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

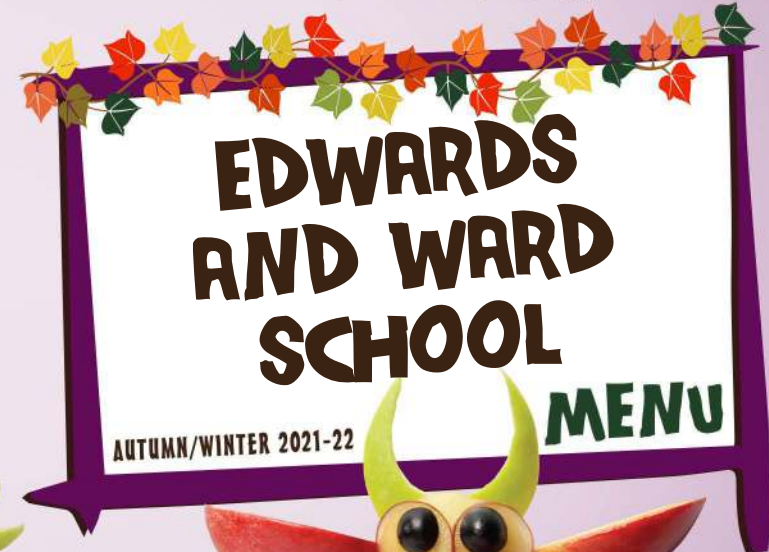
SPECIALDIETS@EDWARDSANDWARD.CO.UK

Please note menus subject to change due to unforeseen circumstances



Smile

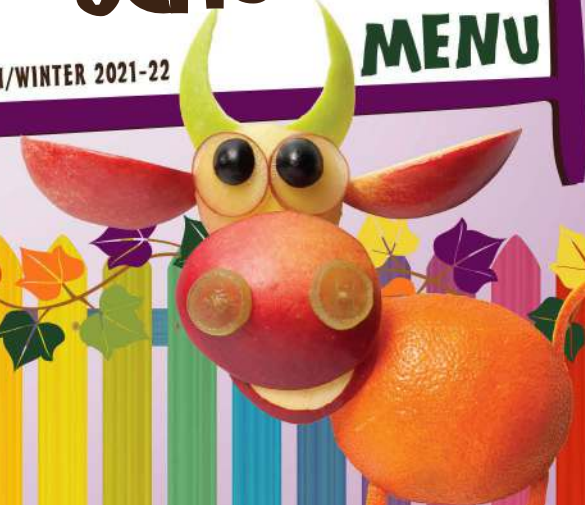
food that makes you happy



EDWARDS AND WARD SCHOOL

AUTUMN/WINTER 2021-22

MENU



WEEK 1

01/11/2021, 22/11/2021, 13/12/2021, 17/01/2022,
07/02/2022, 07/03/2022, 28/03/2022

MONDAY

Vegetable Bolognese with Pasta Twists (Ve)(WG)
or
Singapore Noodles (Ve)
Peas & Sweetcorn, Cauliflower
Apple & Blackberry Crumble (Ve)(WG)
with Custard (V)

TUESDAY

Jamaican Lamb Pie with Parsley Potatoes & Gravy
or
Quorn Korma with Rice (V)(WG)
Sliced Carrots, Green Beans
Strawberry Jelly (Ve) with Peaches (Ve)

WEDNESDAY

Cajun Chicken with Turmeric Rice (WG)
or
Tomato & Basil Pasta Bake (V)(WG)
Sweetcorn, Broccoli Florets
Chocolate Fudge Cake (V)

THURSDAY

Lasagne with Garlic Bread
or
Vegetable Bean Burrito with Rice (V)(WG)
Medley of Vegetables
Steamed Syrup Sponge (V)
with Custard (V)

FRIDAY

Battered Fish with Chips & Tomato Sauce
or
Cheesy Broccoli Pasta Bake (V)(WG)
Baked Beans, Garden Peas
Cheddar Cheese (V) & Biscuits (V)

WEEK 2

08/11/2021, 29/11/2021, 04/01/2022,
24/01/2022, 21/02/2022, 14/03/2022

Tomato & Lentil Pasta Bake (V)(WG)
or
Veggie Burger with Parsley Potatoes (Ve)
Medley of Vegetables
Rice Pudding (V) with Sliced Pears (Ve)

Chicken Madras with Vegetable Rice (WG)
or
Shepherdess Pie (Ve)
Broccoli Florets, Sweetcorn
Orange & Butternut Squash Cake (V)

Roast Beef with Roast Potatoes & Gravy
or
Mac Cheese (V)
Super Greens, Sliced Carrots
Chocolate Beetroot Brownie (V)

Chicken Meatballs in Tomato Sauce
with Spaghetti
or
Quorn Paella (V)(WG)
Cauliflower, Green Beans
Sticky Ginger Cake (V) with Custard (V)

Homemade Cod Fishcakes
with Jacket Wedges & Tomato Salsa
or
Cheese & Tomato Pizza
with Jacket Wedges (V)(WG)
Baked Beans, Oven Baked Courgettes
Fresh Fruit Cocktail (Ve)

WEEK 3

15/11/2021, 06/12/2021, 10/01/2022, 31/01/2022,
28/02/2022, 21/03/2022

Mediterranean Veggie Pasta (Ve)(WG)
or
Jacket Potato with Veggie Chilli (Ve)(WG)
Green Beans, Shredded Carrots
Banana Custard (V)

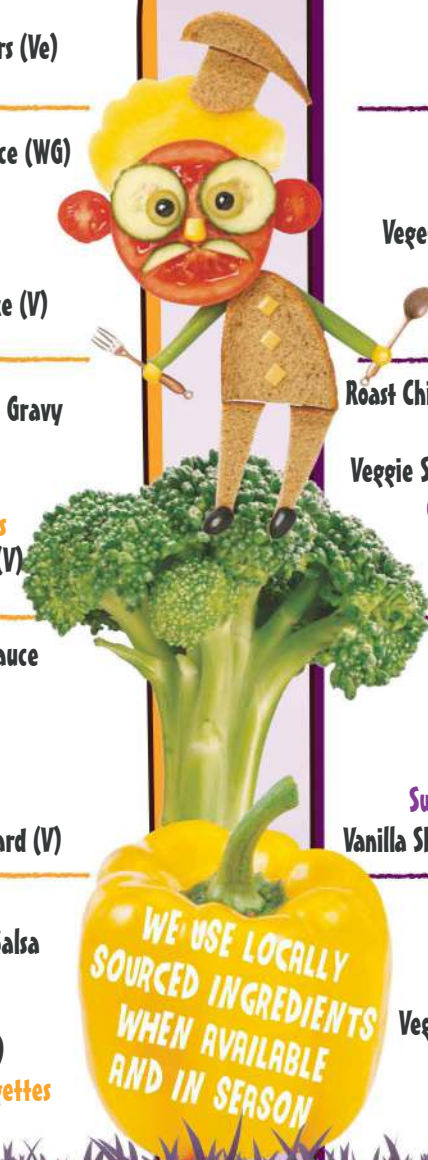
Beef Goulash with New Potatoes
or
Vegetable Keema Curry with Rice (Ve)(WG)
Medley of Vegetables
Iced Parsnip Cake (V)

Roast Chicken with Roast Potatoes, Stuffing & Gravy
or
Veggie Sausages with Roast Potatoes & Gravy (Ve)
Cauliflower Florets, Sliced Carrots
Steamed Chocolate Sponge (V)
with Chocolate Sauce (V)

Jacket Potato
with Beef Bolognese & Cheese
or
Carrot & Pesto Pasta Bake (V)
Sweetcorn & Peppers, Broccoli Florets
Vanilla Shortbread (Ve) with Strawberry Yoghurt (V)

Salmon Fish Fingers
with Chips & Tomato Sauce
or
Vegetarian Sausage Roll with Chips (Ve)
Baked Beans, Garden Peas
Fresh Fruit Salad (Ve)

V – Vegetarian Ve – Vegan WG – Wholegrains



Smile food that makes you happy

(V) Suitable for Vegetarians

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