

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

for a full list of FAQs and to complete our online form.



MENU

AUTUMN/WINTER

2023-24

Tower View



edwards and ward
a recipe for success

WEEK ONE

WEEK TWO

WEEK THREE

MONDAY

Mac & Cheese (V) **or**
 Veggie Bean Burrito (V)
 Choice of Filled Jackets or Tomato Pasta
Rainbow Veg
 Scoop of Vanilla Ice Cream (V)

TUESDAY

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

WEDNESDAY

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

THURSDAY

Cottage Pie **or**
 Root Vegetable Cottage Pie (Ve)
 Choice of Filled Jackets or Tomato Pasta
Cauliflower, Swede
 Chocolate Mousse with Pears (V)

FRIDAY

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

4/9/23, 25/9/23, 16/10/23, 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**
 Vegeballs in Tomato Sauce with Penne (Ve)
 Choice of Filled Jackets or Tomato Pasta
Rainbow Veg
 Scoop of Vanilla Ice Cream (V)

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

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

Pork or Chicken Sausages **or** Veggie Sausage (Ve)
 with Mash & Gravy
 Choice of Filled Jackets or Tomato Pasta
Cabbage, Garden Peas
 Banana Custard (V)

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

11/9/23, 2/10/23, 23/10/23, 13/11/23, 4/12/23, 25/12/23, 15/1/24,
 5/2/24, 26/2/24, 18/3/24

Chicken Meatballs **or** Vegeballs (Ve)
 with Mash & Gravy
 Choice of Filled Jackets or Tomato Pasta
Rainbow Veg
 Scoop of Vanilla Ice Cream (V)

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

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

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

18/9/23, 9/10/23, 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

