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.







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.



AUTUMN/WINTER 2023-24

Tower View



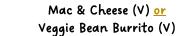
edwards and ward



WEEK ONE

MEEK LMC

WEEK THREI



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Choice of Filled Jackets or Tomato Pasta

Rainbow Veg

Scoop of Vanilla Ice Cream (V)

BBQ Chicken <u>or</u> Margherita Pizza (V) with Jacket Wedges

Choice of Filled Jackets or Tomato Pasta Sweetcorn & Peppers, Green Beans Apple Crumble (Ve)(Wg) with Custard (V)

Roast of the Day <u>or</u> Chickpea & Veggie Puff (Ve) with Mash or Roasties & Gravy

Choice of Filled Jackets or Tomato Pasta **Broccoli, Sliced Carrot** Strawberry Jelly & Peaches (Ve)

> Cottage Pie <u>or</u> Root Vegetable Cottage Pie (Ve)

Choice of Filled Jackets or Tomato Pasta

Cauliflower, Swede

Chocolate Mousse with Pears (V)

Fish Fingers, Salmon Fish Fingers <u>or</u> 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) <u>or</u> 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 <u>or</u> 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 <u>or</u> 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 <u>or</u> 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

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

Chocolate Shortbread (Ve)

Chicken Meatballs <u>or</u> Vegeballs (Ve) with Mash & Gravy

Choice of Filled Jackets or Tomato Pasta

Rainbow Veg

Scoop of Vanilla Ice Cream (V)

Chicken Burrito <u>or</u> 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 <u>or</u> 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 <u>or</u> 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

