

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
MENU
AUTUMN/WINTER 2021-22



WEEK 1

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

WEEK 2

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

WEEK 3

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Vegetable Bolognese with Pasta Twists (Ve)(WG)
or

Vegetable Bean Burrito with Rice (V)(WG)

or

Singapore Noodles (Ve)

Peas & Sweetcorn, Cauliflower

Apple & Blackberry Crumble (Ve)(WG) with Custard (V)

Jamaican Lamb Pie with Parsley Potatoes & Gravy

or

Jacket Potato with Tuna Mayonnaise

or

Quorn Korma with Rice (V)(WG)

Sliced Carrots, Green Beans

Strawberry Jelly (Ve) with Peaches (Ve)

Cajun Chicken with Turmeric Rice (WG)

or

Tomato & Basil Pasta Bake (V)(WG)

or

Lentil Roast with New Potatoes (V)

Sweetcorn, Broccoli Florets

Chocolate Fudge Cake (V)

Lasagne with Garlic Bread

or

Smoked Mackerel Kedgeree (WG)

or

Thai Vegetable Curry with Rice (Ve)(WG)

Medley of Vegetables

Steamed Syrup Sponge (V) with Custard (V)

Battered Fish with Chips & Tomato Sauce

or

Cheesy Broccoli Pasta Bake (V)(WG)

or

Sweet Potato & Plantain Curry with Rice (Ve)(WG)

Baked Beans, Garden Peas

Cheddar Cheese (V) & Biscuits (V)

WG – Wholegrains

Ve – Vegetarian
V – Vegan

Tomato & Lentil Pasta Bake (V)(WG)

or

Veggie Burger with Parsley Potatoes (Ve)

or

Bean & Vegetable Tacos with Rice (Ve)(WG)

Medley of Vegetables

Rice Pudding (V) with Sliced Pears (Ve)

Chicken Madras with Vegetable Rice (WG)

or

Shepherdess Pie (Ve)

or

Vegetable Chow Mein (V)

Broccoli Florets, Sweetcorn

Orange & Butternut Squash Cake (V)

Roast Beef with Roast Potatoes & Gravy

or

Mac Cheese (V)

or

Sweet Potato & Spinach Pinwheel (V)

Super Greens, Sliced Carrots

Chocolate Beetroot Brownie (V)

Chicken Meatballs in Tomato Sauce with Spaghetti

or

Quorn Paella (V)(WG)

or

Jacket Potato with Beans & Cheese (V)

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)

or

Spinach & Mushroom Lasagne (V)

Baked Beans, Baked Courgettes

Fresh Fruit Cocktail (Ve)

Vegetable Masala with Rice (Ve)(WG)

or

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

Baked Fish Crumble 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

Rainbow Stir Fry with Rice (Ve)(WG)

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

Tuna & Corn Empanada with New Potatoes

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

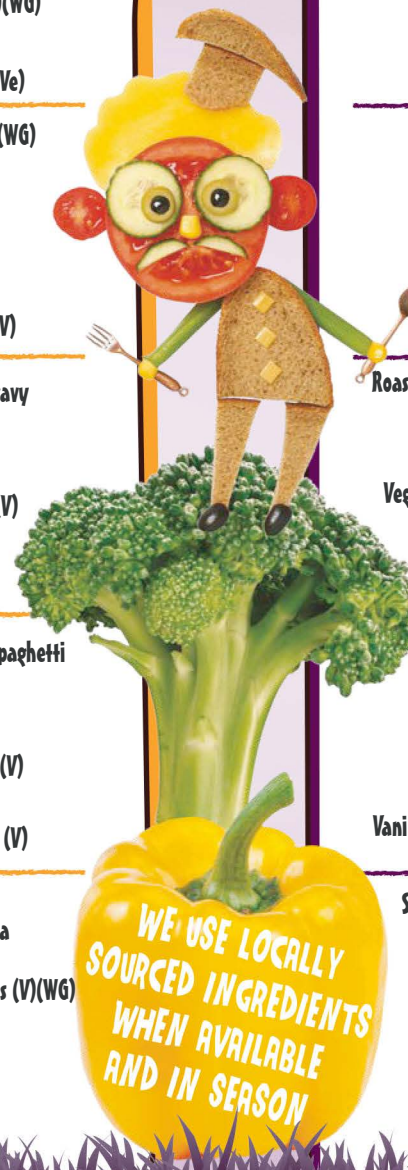
Vegetarian Sausage Roll with Chips (Ve)

or

Mushroom & Chickpea Burger (Ve)

Baked Beans, Garden Peas

Fresh Fruit Salad (Ve)



Smile food that makes you happy

(V) Suitable for Vegetarians

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