

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](http://www.edwardsandward.co.uk)

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



# MENU

SPRING/SUMMER

2023

Little Learners



edwards and ward  
a recipe for success

## WEEK ONE

## WEEK TWO

## WEEK THREE

MONDAY

Swedish Style Vegetarian Meatballs with Creamy Mashed Potatoes & a Rich Smooth Gravy (Ve)  
or Jacket Potato with a Choice of Filling  
**Sweetcorn, Shredded Carrots**  
 Seasonal Fresh Fruit with Yoghurt (V)

TUESDAY

Mild Indonesian Chicken Curry  
or Mild Indonesian Vegetable Curry (Ve) with Fragrant Pilau Rice (Ve) & Naan Bread (V)  
**Cauliflower, Green Beans**  
 Homemade Fruit Compote Oaty Pudding (Ve)

WEDNESDAY

Slow Roasted Chicken or Quorn Fillet (Ve) with Roast Potatoes (Ve), Yorkshire Pudding (V) & Gravy (Ve)  
**Sliced Carrots, Garden Peas**  
 Seasonal Fresh Fruit with Yoghurt (V)

THURSDAY

Penne with Bean Bolognese & Garlic Focaccia (Ve)  
or Jacket Potato with a Choice of Filling  
**Cucumber Sticks, Pepper Sticks**  
 Apple Crumble (Ve)(Wg) with Custard (V)

FRIDAY

Oven Baked Fish Goujons or Oven Baked Halloumi Goujons (V) with Potato Wedges (Ve)  
**Baked Beans, Sweetcorn**  
 Cheddar Cheese & Sliced Apple (V)

6/3/23, 27/3/23, 17/4/23, 8/5/23, 29/5/23, 19/6/23, 10/7/23, 31/7/23, 21/8/23, 11/9/23, 2/10/23, 23/10/23

Vegetarian Sausage with Creamy Mashed Potatoes & a Rich Smooth Gravy (Ve)  
or Jacket Potato with a Choice of Filling  
**Sugar Snap Peas, Sweetcorn**  
 Seasonal Fresh Fruit with Yoghurt (V)

Roasted Chicken Thigh & Rainbow Veg Stir-Fry  
or Neapolitan Vegetable Raviolini with Herby Tomato Sauce (Ve)  
**Garden Peas, Carrot Batons**  
 Fruit Cocktail with Yoghurt (V)

Slow Roasted Beef or Slow Roasted Butternut Squash (Ve) with Roast Potatoes (Ve), Yorkshire Pudding (V) & Gravy (Ve)  
**Cauliflower, Sliced Carrots**  
 Peaches with Vanilla Cream (V)

Broccoli & Sweetcorn Pasta Bake with Garlic Focaccia (V)  
or Jacket Potato with a Choice of Filling  
**Cucumber Sticks, Pepper Sticks**  
 Apple & Pear Crumble (Ve)(Wg) with Custard (V)

Oven Baked Fish Goujons or Oven Baked Halloumi Goujons (V) with Potato Wedges (Ve)  
**Baked Beans, Sweetcorn**  
 Beetroot Brownie (V)

13/3/23, 3/4/23, 24/4/23, 15/5/23, 5/6/23, 26/6/23, 17/7/23, 7/8/23, 28/8/23, 18/9/23, 9/10/23

Comforting Root Vegetable Cottage Pie (Ve)  
or Jacket Potato with a Choice of Filling  
**Garden Peas, Sweetcorn**  
 Seasonal Fresh Fruit with Yoghurt (V)

Beef Meatballs in Tomato Sauce  
or Vegetarian Meatballs in Tomato Sauce (Ve) with Herby Couscous (Ve)  
**Mixed Winter Vegetables**  
 Apricot Flapjack (Ve)(Wg)

Roast Turkey with Yorkshire Pudding  
or Veggie Sausage Toad in the Hole (V) with Roast Potatoes (Ve), & Gravy (Ve)  
**Sliced Carrots, Garden Peas**  
 Fresh Fruit Salad with Natural Yoghurt (V)

Fusilli with Homemade Nut Free Tomato Pesto (Ve)  
or Jacket Potato with a Choice of Filling  
**Cucumber Sticks, Pepper Sticks**  
 Jumbleberry Fruit Compote with Custard (V)

Oven Baked Fish Goujons or Oven Baked Halloumi Goujons (V) with Potato Wedges (Ve)  
**Baked Beans, Sweetcorn**  
 Cheddar Cheese & Sliced Apple (V)

20/3/23, 10/4/23, 1/5/23, 22/5/23, 12/6/23, 3/7/23, 24/7/23, 14/8/23, 4/9/23, 25/9/23, 16/10/23

V - Vegetarian Ve - Vegan Wg - Wholegrain

Freshly baked bread, fresh fruit, yoghurts and fresh drinking water available daily