

## DID YOU KNOW?

This menu has been proudly awarded the Bronze ProVeg UK School Plates Award!

What we eat has a huge impact on the world around us. We've made small changes to create a healthier, more sustainable menu.

Eating less meat is one of the biggest ways to help the environment—and it can still be super tasty!



## 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 over £480 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

AUTUMN/WINTER

2025-26



edwards and ward  
a recipe for success

## WEEK ONE

MONDAY

Classic Tomato Pasta (Ve) **or**  
Rainbow Noodle Bowl (Ve)  
**Veg of the Day**

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

TUESDAY

Homemade Turkey Rounds with Salad & Herbed  
Potatoes  
**or** Classic Mac & Cheese (V)  
**Veg of the Day**

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

WEDNESDAY

Roast of the Day with Roasties & Gravy **or**  
Homestyle Carvery Loaf with Roasties & Gravy (Ve)  
**Veg of the Day**

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

THURSDAY

Traditional Cottage Pie with Root Vegetables  
**or** Creamy Cauliflower & Chickpea Curry with Rice (Ve)  
**Veg of the Day**

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

FRIDAY

MSC Crispy Cod with Jacket Wedges **or**  
Cheesy Bean Whirls with Jacket Wedges (V)  
**Veg of the Day**

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

1/9/25, 22/9/25, 13/10/25, 3/11/25, 24/11/25,  
15/12/25, 5/1/26, 26/1/26

## WEEK TWO

Classic Tomato Pasta (Ve) **or**  
Cosy Bean Chilli with Rice (Ve)  
**Veg of the Day**

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

Chicken Souvlaki Pitta with Tzatziki & Wedges  
**or** Pea Falafel Pitta (Ve) with Tzatziki & Wedges (V)  
**Veg of the Day**

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

Roast of the Day with Roasties & Gravy **or**  
Butternut Squash Hot Pot with Roasties (Ve)  
**Veg of the Day**

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

Penne with Beef Bolognese  
**or** Golden Topped Cottage Pie (Ve)  
**Veg of the Day**

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

MSC Crispy Cod with Jacket Wedges **or**  
Samosa Stack with Jacket Wedges (Ve)  
**Veg of the Day**

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

8/9/25, 29/9/25, 20/10/25, 10/11/25, 1/12/25,  
22/12/25, 12/1/26, 2/2/26

## WEEK THREE

Classic Tomato Pasta (Ve) **or**  
Sweet Potato Korma with Rice (Ve)  
**Veg of the Day**

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

Zesty Chicken with Pea & Spinach Rice  
**or** Penne with Garden Bolognese (Ve)  
**Veg of the Day**

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

Roast of the Day with Roasties & Gravy **or**  
Cheese, Leek & Potato Pie with Roasties (V)  
**Veg of the Day**

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

Campfire Turkey Chilli with Rice  
**or** Fiesta Beany Chilli with Rice (Ve)  
**Veg of the Day**

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

MSC Crispy Cod with Jacket Wedges **or**  
Crispy Garden Fingers with Jacket Wedges (Ve)  
**Veg of the Day**

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

15/9/25, 6/10/25, 27/10/25, 17/11/25, 8/12/25,  
29/12/25, 19/1/26, 9/2/26

Freshly baked bread (Ve), salad (Ve), and fresh drinking water are also available daily.

