April – October 2021 – Woodborough & Rushall
Milk & Soya Free

edwards and ward
a recipe for success

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	BBQ Chicken with Golden Rice	Beef Bolognaise with Spaghetti	Roast Chicken with Roast Potatoes & Gravy	Chicken Fajita Bake (no cheese) with Herby Diced Potatoes	MSC Fish Fingers or Salmon Fish Fingers with Chips & Tomato Sauce
Vegetarian			Quorn Frankfurter with Roast Potatoes & Gravy	Tomato, Vegetable & Bean Ragu with Penne	Veggie Burger with Chips
Lighter Option	Jacket Potato with Beans &/or Vegan Cheese	Jacket Potato with Beans &/or Vegan Cheese	Jacket Potato with Beans &/or Vegan Cheese	Jacket Potato with Beans &/or Vegan Cheese	Jacket Potato with Beans &/or Vegan Cheese
Vegetable	Sweetcorn Green Beans	Mixed Salad Roasted Courgette	Carrots Broccoli	Sweetcorn & Peppers Green Beans	Garden Peas Baked Beans
Dessert	Fresh Fruit//Substitute Dessert	Apple Crumble (no custard)	Cherry Swirl Sponge (no custard)	Orange Jelly & Mandarins	Fresh Fruit//Substitute Dessert

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken Meatballs with Mash & Gravy	Chicken Curry with Rice	Roast Beef with Roast Potatoes & Gravy	Cottage Pie	Bubble Crumb Fish with Chips & Tomato Sauce
Vegetarian	Chickpea & Rice Noodle Stir Fry (no soya sauce)		Quorn Frankfurter with Roast Potatoes & Gravy	Rainbow Vegetable Stir Fry (no soya sauce)	Veggie Burger with Chips
Lighter Option	Jacket Potato with Beans &/or Vegan Cheese	Jacket Potato with Beans &/or Vegan Cheese	Jacket Potato with Beans &/or Vegan Cheese	Jacket Potato with Beans &/or Vegan Cheese	Jacket Potato with Beans &/or Vegan Cheese
Vegetable	Shredded Savoy Cabbage Sweetcorn	Mixed Salad Peas & Sweetcorn	Cauliflower Carrots	Super Greens	Garden Peas Baked Beans
Dessert	Chocolate & Pear Sponge (no custard)	Peach Crumble (no custard)	Flapjack	Strawberry Jelly & Pineapple Chunks	Vanilla Iced Shortbread

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Choice of Pork or Chicken Sausages with Mash & Gravy	Chicken & Sweetcorn Pasta Bake (no cheese)	Roast Turkey with Roast Potatoes & Gravy		Bubble Crumb Fish Chips & Tomato Sauce
Vegetarian		Tomato & Basil Pasta	Quorn Frankfurter with Roast Potatoes & Gravy	Rainbow Vegetable Stir Fry	Quorn Hotdog with Chips & Tomato Sauce
Lighter Option	Jacket Potato with Beans &/or Vegan Cheese	Jacket Potato with Beans &/or Vegan Cheese	Jacket Potato with Beans &/or Vegan Cheese	Jacket Potato with Beans &/or Vegan Cheese	Jacket Potato with Beans &/or Vegan Cheese
Vegetable	Mixed Salad Garden Peas	Rainbow Vegetables	Carrots Green Beans	Mixed Salad Broccoli	Garden Peas Baked Beans
Dessert	Fresh Fruit//Substitute Dessert	Cherry & Apple Crumble (no custard)	Vanilla Shortbread	Strawberry Jelly & Peach Slices	Fresh Fruit Salad

Homemade Bread is not suitable

Where there are no substitute main course options jacket potatoes are available.

Suitable jacket potato fillings – baked beans, tuna mayo, vegan cheese

Important notice: Please pre-order your child's meal choices by circling the meal required for each day and take a copy into the school office so the school office can pass this onto the kitchen.

Red writing is a note to the cook, highlighting necessary menu/recipe adaptation.

*Substitute recipes found in – Special Diets Recipe Pack *** Substitute Dessert provided at cooks' discretion.

Our allergen information is sourced directly from our suppliers and food manufactures.

Whilst every effort is taken to ensure that this adapted menu is correct, it is the responsibility of parents/carers to review it and contact specialdiets@edwardsandward.co.uk if any issues are suspected.