

# Your Menu

Welcome to your new menu which we hope you will really enjoy. We are proud that we have been awarded the GOLD FOOD FOR LIFE accreditation for this menu.



change  
4 life

Eat well Move more Live longer

## It's cool to eat at School

If you would like to see one of your favourite dishes/recipes on the menu, then simply send us the recipe.

We will give prizes for any recipes that we use

**THEME DAYS AND COMPETITIONS**  
keep a look out in your school dining room for our new exciting events

**Dietary and Allergen advice**  
If your child has been advised by their GP or Health Care Professional to either follow a special diet or to avoid certain foods containing any of the "identified" allergens as per Food Information for Consumers Regs. 2014, then please contact your Childs school and our Special Diet and Allergen help line on 01452 881 708

### Contact Us

We will be delighted to hear from you,  
01672 851305

Spring/Summer  
2015

change  
4 life

Eat well Move more Live longer



SPRING/SUMMER 2015  
**Woodborough Menu**



edwards and ward  
a recipe for success



edwards and ward  
a recipe for success

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

# Spring/Summer 2015

Week commencing

Monday

Tuesday

Wednesday

Thursday

Friday

**Week 1**

05/01/2015  
26/01/2015  
23/02/2015  
16/03/2015  
20/04/2015  
11/05/2015  
08/06/2015  
29/06/2015  
20/07/2015

Baked Sausages with Mash  
OR  
Veggie Sausage with Mash  
OR  
Grated Cheddar Salad with Bread  
.....  
Peas & Carrots  
.....  
Chocolate Sponge & Custard

Baked Lasagne  
OR  
Wholewheat Macaroni Cheese  
OR  
Vegetable Soup with Filled Baguette  
.....  
Garlic Bread  
Sweetcorn & Mixed Salad  
.....  
Fruit Muffin

Roast Gammon with Gravy  
OR  
Vegetable Burger in a Bun  
OR  
Jacket Potato with Cheese & Beans  
.....  
Roast Potatoes  
Broccoli & Carrots  
.....  
Yoghurt

Cottage Pie with Gravy  
OR  
Vegetarian Cottage Pie  
OR  
Tomato Soup with Filled Baguette  
.....  
New Potatoes  
Green Beans & Sweetcorn  
.....  
Fruit Crumble & Custard

Birdseye Fish Fingers  
OR  
Jacket Potato Beans & Cheese  
OR  
Gammon Salad With Chips  
Chips  
.....  
Baked Beans & Peas  
.....  
Chocolate Krispie Cake

**Week 2**

12/01/2015  
02/02/2015  
02/03/2015  
23/03/2015  
27/04/2015  
18/05/2015  
15/06/2015  
06/07/2015

Ham & Pineapple Pizza (Wholewheat)  
OR  
Cheese & Tomato Pizza  
OR  
Jacket Potato with Tuna Mayo  
.....  
Jacket Wedges  
Sweetcorn & Peas  
.....  
Shortbread Finger

Spaghetti Bolognese  
OR  
Savoury Pin Wheel  
OR  
Tomato Soup with Filled Baguette  
.....  
New Potatoes  
Broccoli & Carrots  
.....  
Fruit Sponge and Custard

Roast Turkey with Gravy  
OR  
Mediterranean Flan  
OR  
Jacket Potato with Cheese & Salad  
.....  
Roast Potatoes  
Green Beans & Cauliflower  
.....  
Jelly with Fruit

Chicken Meatballs with Rice  
OR  
Vegetarian Chilli with Rice  
OR  
Vegetable Soup with Filled Baguette  
.....  
Peas & Sweetcorn  
.....  
Chocolate Crunch and Chocolate Sauce

Breaded Fish Fillet  
OR  
Roasted Vegetable Baguette  
OR  
Free Range Egg Salad with Chips  
.....  
Baked Beans, Peas & Chips  
.....  
Iced Lemon Sponge

**Week 3**

19/01/2015  
09/02/2015  
09/03/2015  
13/04/2015  
04/05/2015  
01/06/2015  
22/06/2015  
13/07/2015

Beef Burger in a Bap & Salad  
OR  
Roasted Vegetable & Sweetcorn Pizza  
OR  
Jacket Potato with Cheese & Salad  
.....  
Mixed Salad & Sweetcorn  
.....  
Strawberry Mousse

Chicken Korma & Rice  
OR  
Vegetarian Korma & Rice  
OR  
Vegetable Soup with Filled Baguette  
.....  
Peas & Broccoli  
.....  
Flapjack with Custard

Roast Pork with Gravy  
OR  
Quorn & Vegetable Curry  
OR  
Jacket Potato with Beans  
.....  
Carrots & Beans  
.....  
Ice Cream

Chicken Pasta Bake  
OR  
Wholemeal Roasted Vegetable Tart  
OR  
Tomato Soup with Filled Baguette  
.....  
Diced Potatoes, Broccoli & Sweetcorn  
.....  
Fruit Sponge & Custard

Harry Ramsden Battered Fish  
OR  
Vegetarian Sausage Hot Dog  
OR  
Salmon Salad with Chips  
.....  
Beans Peas and Chips  
.....  
Jelly with Fruit

Fresh bread, fresh fruit and fresh drinking water available daily

