

Week 1

05/09/16, 26/09/16, 17/10/16, 14/11/16,
05/12/16, 09/01/17, 30/01/17



MONDAY

Cheese & Tomato Pizza
Or
Broccoli and Pasta Bake
Or
Baked Bean Jacket Potato
Wholemeal Bread, Baked Beans & Green Beans
Peach Crumble & Custard

TUESDAY

Beef Bolognese
Or
Vegetable Biryani
Or
Tomato Soup & Cheese Baguette
Spaghetti, Wholemeal Garlic Bread,
Garden Peas & Sweetcorn
Iced Carrot Cake

WEDNESDAY

Roast Pork with Gravy
Or
Quorn Shepherds Pie Topped with Sweet Potato
Or
Ham Salad
Roast Potatoes, Wholemeal Bread, Savoy Cabbage,
Roasted Root Vegetables
Orange Jelly & Mandarin (v)

THURSDAY

(Mild) Lamb Pasanda
Or
Red Onion & Cheese Quiche
Or
Roast Pork Salad
Boiled Rice, Garlic Tomato Bread,
Sweetcorn & Peppers
Chocolate Oaty Square

FRIDAY

MSC Fish Fingers
Or
Veggie Bolognese
Or
Tuna Mayo Jacket Potato
Chips, Pasta, Baked Beans, Garden Peas
Toffee Frozen Yoghurt with Fairtrade Banana

Week 2

12/09/16, 03/10/16, 31/10/16, 21/11/16,
12/12/16, 16/01/17, 06/02/17



MONDAY

Herb Crusted Hake
Or
Macaroni Cheese
Or
Baked Bean & Cheese Jacket Potato
Garlic Infused Bread, New Potatoes with Parsley,
Broccoli & Sweetcorn
Flapjack

TUESDAY

Pork Sausages with Gravy
Or
Veggie Sausage
Or
Tomato Soup with Cheese Baguette
Wholemeal Bread, Mashed Potato,
Baked Beans & Peas
Cherry & Apple Crumble & Custard

WEDNESDAY

Roast Turkey with Stuffing & Gravy
Or
Spanish Omelette
Or
Salmon & Cucumber Salad
Wholemeal Bread, Roast Potatoes,
Mashed Carrot & Swede, Fresh Cauliflower
Ice Cream Tub

THURSDAY

Cottage Pie with Gravy
Or
Mexican Vegetable Burrito
Or
Turkey Salad Sub
Wholemeal Bread, Herby Diced Potatoes, Baked
Tomatoes & Green Beans
Apple Sponge

FRIDAY

Breaded Fish
Or
Cauliflower & Broccoli Mornay
Or
Baked Bean Jacket Potato
Chips, Pasta, Baked Beans, Garden Peas
Vanilla Iced Shortcake

FRESH
HEALTHY
TASTY

We use locally
sourced ingredients
when available
and in season

Week 3

19/09/16, 10/10/16, 07/11/16, 28/11/16
02/01/17, 23/01/17

MONDAY

Beefburger in a Bun
Or
Veggie Hot Dog
Or
Cheese Jacket Potato
Wholemeal Bread, Oven Baked Jacket Wedges, Baked
sliced Onions & BBQ Baked Beans
Chocolate Sponge & Chocolate Custard

TUESDAY

Ham & Tomato Macaroni Cheese Bake
Or
Homemade Vegetable Croquette
Or
Tuna Mayo Salad
Wholemeal Garlic Bread, New Potatoes,
Sweetcorn & Peppers & Broccoli
Strawberry Jelly & Peach Slice

WEDNESDAY

Roast Chicken & Stuffing with Thyme Gravy
Or
Cheese & Caramelised Onion Pinwheel
Or
Tomato Soup with Ham Baguette
Wholemeal Bread, Roasted New Potatoes, Savoy
Cabbage & Fresh Carrots
Coconut Rice Pudding

THURSDAY

Beef Keema Curry
Or
Vegetable & Lentil Curry
Or
Roast Chicken Salad
Wholemeal Bread, Turmeric Rice, Spiced Roasted
Cauliflower & Sweetcorn
St Clements Sponge & Custard

FRIDAY

MSC Fish Fingers
Or
Quorn Sweet & Sour Noodles
Chips, Pasta, Baked Beans, Garden Peas
Cheese & Biscuits



Suitable for Vegetarians



Served daily - freshly baked bread, freshly sliced fruit,
yoghurts and fresh drinking water

Smile food that makes you happy



edwards and ward
a recipe for success

Edwards & Ward are delighted to provide fresh, nutritious and healthy lunches to the pupils at your school. We are an award winning caterer specialising in education and we have built our reputation on fresh food prepared on site by staff who care about what they do.



look out
for special
theme days



Our yummy fruit Yoghurts are Yeo Valley from Somerset and are totally ORGANIC
All of the milk we use is fresh + ORGANIC

Our seasonal fresh vegetables are sourced from local farms wherever possible and we also use fair trade products

Did you know that we only use organic, red tractor or farm assured meat in all our schools.



All of our fish is MSC Certified to encourage sustainable fishing practices.



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 Child's school and our Special Diet and Allergen help line on

01934 615616

Contact Us

We will be delighted to hear from you,

01934 615616

www.edwardsandward.co.uk

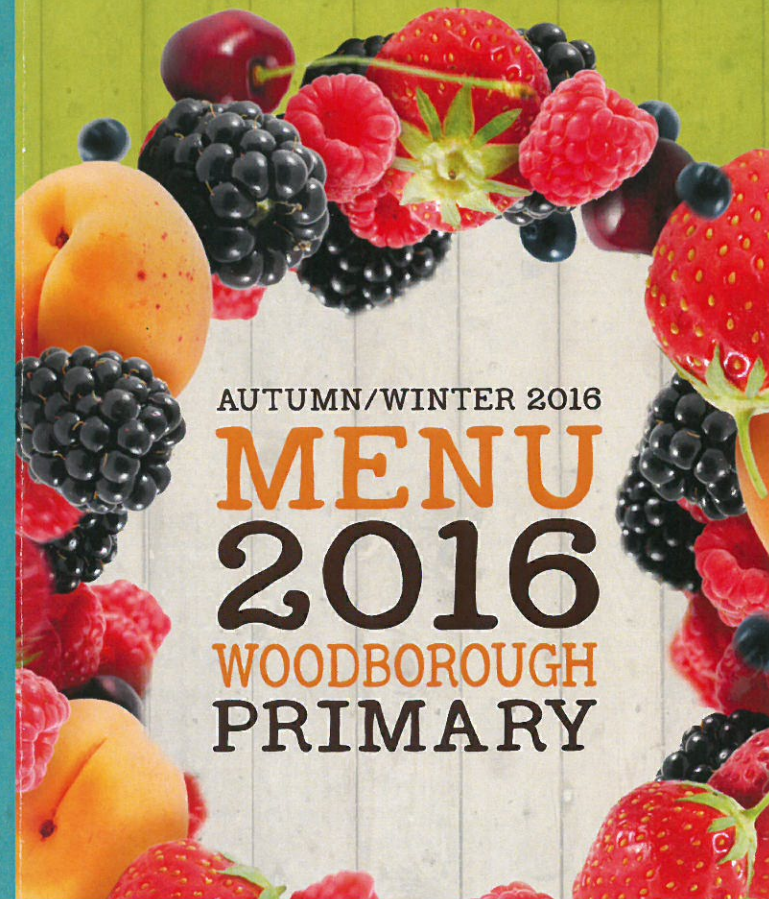
Free School Meals are you entitled?

It is easy to claim
please contact the school office.



Smile

food that makes you happy



AUTUMN/WINTER 2016

MENU
2016
WOODBOROUGH
PRIMARY