

# 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 also use fair trade products

## DIETARY AND ALLERGEN ADVICE

If your child requires a special diet for medical reasons please contact

[SPECIALDIETS@EDWARDSANDWARD.CO.UK](mailto:SPECIALDIETS@EDWARDSANDWARD.CO.UK)

Please note menus subject to change due to unforeseen circumstances



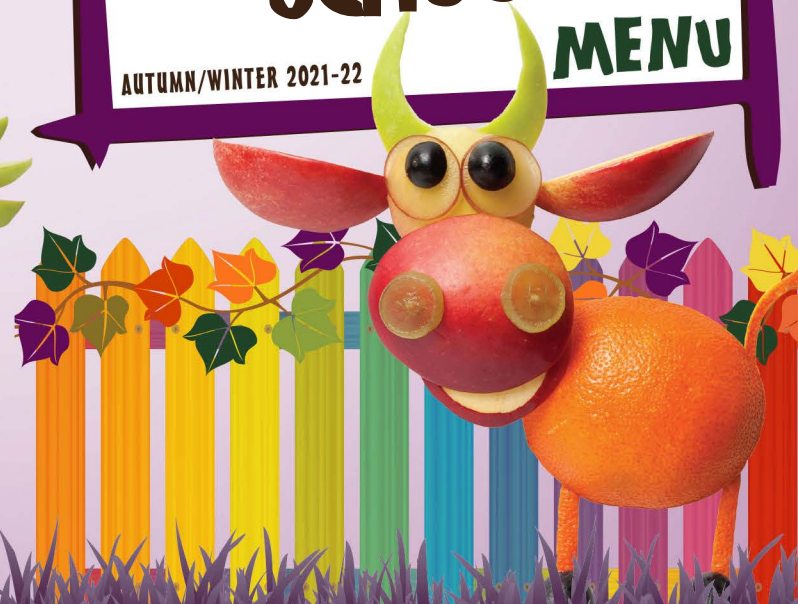
# Smile

food that makes you happy

## EDWARDS AND WARD SCHOOL

AUTUMN/WINTER 2021-22

## MENU





# WEEK 1

01/11/2021, 22/11/2021, 13/12/2021, 17/01/2022,  
07/02/2022, 07/03/2022, 28/03/2022

MONDAY

Vegetable Bolognese with Pasta Twists (Ve)(WG)  
or  
Singapore Noodles (Ve)  
**Peas & Sweetcorn, Cauliflower**  
Apple & Blackberry Crumble (Ve)(WG)  
with Custard (V)

TUESDAY

Jamaican Lamb Pie with Parsley Potatoes & Gravy  
or  
Quorn Korma with Rice (V)(WG)  
**Sliced Carrots, Green Beans**  
Strawberry Jelly (Ve) with Peaches (Ve)

WEDNESDAY

Cajun Chicken with Turmeric Rice (WG)  
or  
Tomato & Basil Pasta Bake (V)(WG)  
**Sweetcorn, Broccoli Florets**  
Chocolate Fudge Cake (V)

THURSDAY

Lasagne with Garlic Bread  
or  
Vegetable Bean Burrito with Rice (V)(WG)  
**Medley of Vegetables**  
Steamed Syrup Sponge (V)  
with Custard (V)

FRIDAY

Battered Fish with Chips & Tomato Sauce  
or  
Cheesy Broccoli Pasta Bake (V)(WG)  
**Baked Beans, Garden Peas**  
Cheddar Cheese (V) & Biscuits (V)

V – Vegetarian Ve – Vegan WG – Wholegrains



# WEEK 2

08/11/2021, 29/11/2021, 04/01/2022,  
24/01/2022, 21/02/2022, 14/03/2022

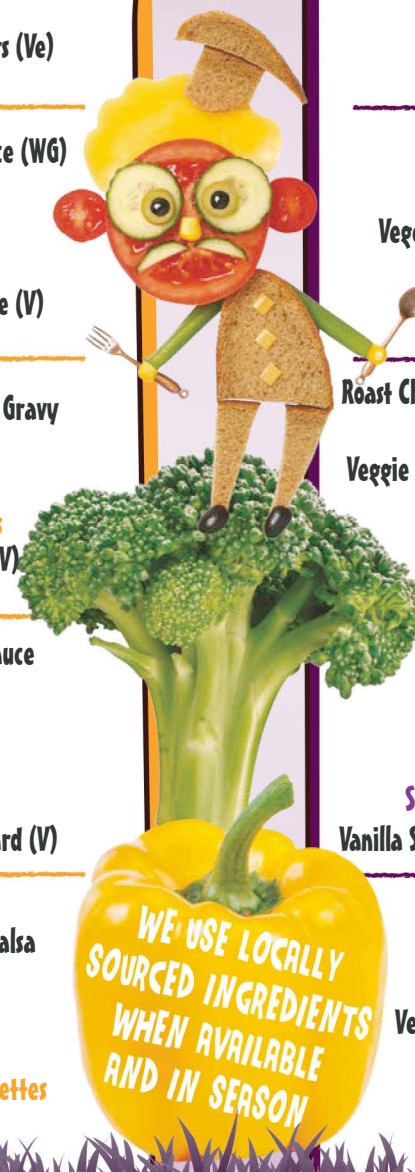
Tomato & Lentil Pasta Bake (V)(WG)  
or  
Veggie Burger with Parsley Potatoes (Ve)  
**Medley of Vegetables**  
Rice Pudding (V) with Sliced Pears (Ve)

Chicken Madras with Vegetable Rice (WG)  
or  
Shepherdess Pie (Ve)  
**Broccoli Florets, Sweetcorn**  
Orange & Butternut Squash Cake (V)

Roast Beef with Roast Potatoes & Gravy  
or  
Mac Cheese (V)  
**Super Greens, Sliced Carrots**  
Chocolate Beetroot Brownie (V)

Chicken Meatballs in Tomato Sauce  
with Spaghetti  
or  
Quorn Paella (V)(WG)  
**Cauliflower, Green Beans**  
Sticky Ginger Cake (V) with Custard (V)

Homemade Cod Fishcakes  
with Jacket Wedges & Tomato Salsa  
or  
Cheese & Tomato Pizza  
with Jacket Wedges (V)(WG)  
**Baked Beans, Oven Baked Courgettes**  
Fresh Fruit Cocktail (Ve)



# WEEK 3

15/11/2021, 06/12/2021, 10/01/2022, 31/01/2022,  
28/02/2022, 21/03/2022

Mediterranean Veggie Pasta (Ve)(WG)  
or  
Jacket Potato with Veggie Chilli (Ve)(WG)  
**Green Beans, Shredded Carrots**  
Banana Custard (V)

Beef Goulash with New Potatoes  
or  
Vegetable Keema Curry with Rice (Ve)(WG)  
**Medley of Vegetables**  
Iced Parsnip Cake (V)

Roast Chicken with Roast Potatoes, Stuffing & Gravy  
or  
Veggie Sausages with Roast Potatoes & Gravy (Ve)  
**Cauliflower Florets, Sliced Carrots**  
Steamed Chocolate Sponge (V)  
with Chocolate Sauce (V)

Jacket Potato  
with Beef Bolognese & Cheese  
or  
Carrot & Pesto Pasta Bake (V)  
**Sweetcorn & Peppers, Broccoli Florets**  
Vanilla Shortbread (Ve) with Strawberry Yoghurt (V)

Salmon Fish Fingers  
with Chips & Tomato Sauce  
or  
Vegetarian Sausage Roll with Chips (Ve)  
**Baked Beans, Garden Peas**  
Fresh Fruit Salad (Ve)



Smile food that makes you happy

(V) Suitable for Vegetarians

SERVED DAILY – FRESHLY BAKED BREAD, FRESH FRUIT, YOGHURTS AND FRESH DRINKING WATER.