



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.

going for Silver
Food for Life



look out
for special
theme days



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.



We also serve your children organic vegetables.



We only use the freshest free range eggs.



Going for Silver Food for Life. Edwards and Ward ensures that all of our menus stick to the current School Food Standards.

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 Childs school and our Special Diet and Allergen help line on

01934 615616

Contact Us

We will be delighted to hear from you,

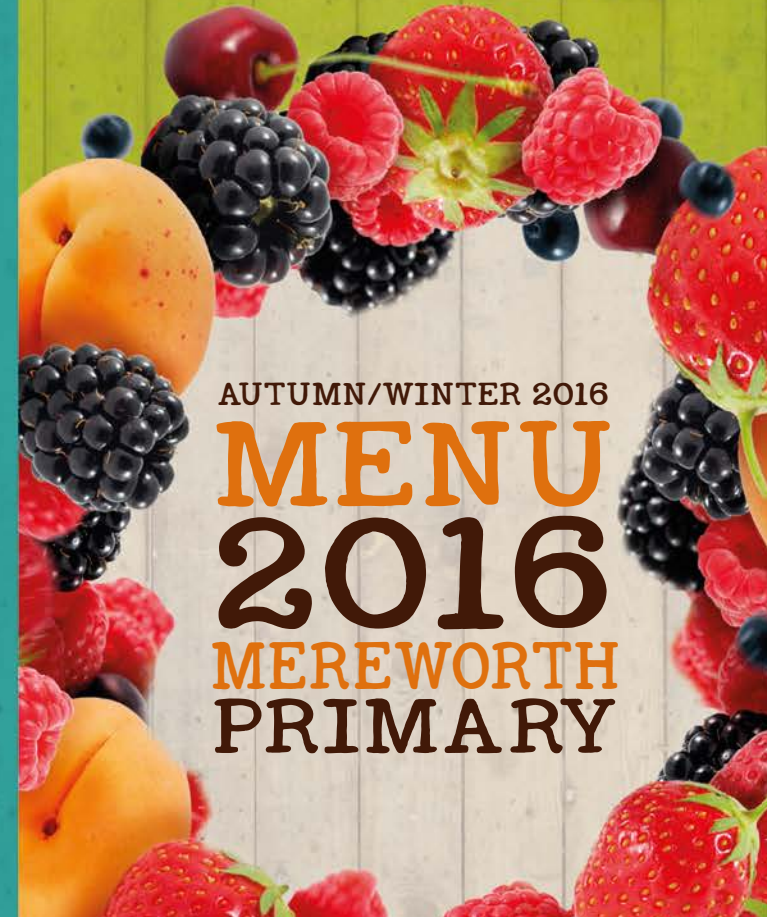
01934 615616

www.edwardsandward.co.uk



Smile

food that makes you happy



AUTUMN/WINTER 2016
MENU
2016
MEREWORTH
PRIMARY

Week 1



05/09/16, 26/09/16, 17/10/16, 14/11/16, 05/12/16,
02/01/17, 23/01/17, 20/02/17, 13/03/17

Cheese & Tomato Pizza

Or

Baked Bean Jacket Potato

Potatoes of the day, Seasonal Vegetables
& Salad of the day

Peach Crumble & Custard

MONDAY

Beef Bolognese

Or

Vegetable Biryani

Potatoes of the day, Seasonal Vegetables
& Salad of the day

Iced Carrot Cake

TUESDAY

Roast Gammon with Gravy

Or

Quorn Shepherds Pie Topped with Sweet Potato

Potatoes of the day, Seasonal Vegetables
& Salad of the day

Orange Jelly & Mandarin (v)

WEDNESDAY

Chicken Curry

Or

Veggie Bolognese

Potatoes of the day, Seasonal Vegetables
& Salad of the day

Toffee Frozen Yoghurt with Fairtrade Banana

THURSDAY

MSC Fish Fingers

Or

Red Onion & Cheese Quiche

Potatoes of the day, Seasonal Vegetables
& Salad of the day

Chocolate Oaty Square

FRIDAY



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

Week 2



12/09/16, 03/10/16, 31/10/16, 21/11/16, 12/12/16,
09/01/17, 30/01/17, 27/02/17, 20/03/17

Macaroni Cheese

Or

Baked Bean & Cheese Jacket Potato

Potatoes of the day, Seasonal Vegetables
& Salad of the day

Flapjack

MONDAY

Pork Sausages with Gravy

Or

Veggie Sausage

Potatoes of the day, Seasonal Vegetables
& Salad of the day

Cherry & Apple Crumble with Custard

TUESDAY

Roast Turkey with Stuffing & Gravy

Or

Cauliflower & Broccoli Mornay

Potatoes of the day, Seasonal Vegetables
& Salad of the day

Ice Cream Tub

WEDNESDAY

Cottage Pie with Gravy

Or

Mexican Vegetable Burrito

Potatoes of the day, Seasonal Vegetables
& Salad of the day

Apple Sponge

THURSDAY

Breaded Fish

Or

Baked Bean Jacket Potato

Potatoes of the day, Seasonal Vegetables
& Salad of the day

Vanilla Iced Shortcake

FRIDAY

We use locally sourced ingredients when available and in season

Week 3

19/09/16, 10/10/16, 07/11/16, 28/11/16, 19/12/16,
16/01/17, 06/02/17, 27/03/17

Beefburger in a Bun

Or

Cheese Jacket Potato

Potatoes of the day, Seasonal Vegetables
& Salad of the day

Chocolate Sponge & Chocolate Custard

MONDAY

Ham & Tomato Macaroni Cheese Bake

Or

Vegetable & Lentil Curry

Potatoes of the day, Seasonal Vegetables
& Salad of the day

Rice Pudding

TUESDAY

Roast Chicken & Stuffing with Thyme Gravy

Or

Cheese & Caramelised Onion Pinwheel

Potatoes of the day, Seasonal Vegetables
& Salad of the day

Lemon Drizzle

WEDNESDAY

Chicken Sweet & Sour

Or

Homemade Vegetable Croquette

Potatoes of the day, Seasonal Vegetables
& Salad of the day

St Clements Sponge & Custard

THURSDAY

MSC Fish Fingers

Or

Veggie Hot Dog

Potatoes of the day, Seasonal Vegetables
& Salad of the day

Cookie

FRIDAY



Suitable for Vegetarians

Smile food that makes you happy

