



**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



Edwards and Ward provide parents with the peace of mind that your child has received a wholesome meal at lunchtime.

A menu that includes at least three different fruits and three different vegetables each week.

A menu that includes a dessert containing at least 50% fruit at least twice per week.

A menu that ensures no more than two portions of food which include pastry each week.

#### **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](http://www.edwardsandward.co.uk)**

#### **Free School Meals are you entitled?**

It's easy to claim just call  
Somerset County Council  
on **0300 123 2224**



*Smile*

food that makes you happy



**AUTUMN/WINTER 2016**

**MENU  
2016**

# Week 1

5/09/2016, 26/09/2016, 17/10/2016, 14/11/2016,  
5/12/2016, 9/01/2017, 30/01/2017



# Week 2

12/09/2016, 3/10/2016, 31/10/2016, 21/11/2016,  
12/12/2016, 16/01/2017, 6/02/2017



# Week 3

19/09/2016, 10/10/2016, 7/11/2016,  
28/11/2016, 03/01/2017, 23/01/2017

MONDAY

Wholemeal Tomato & Cheese Pizza   
Or Quorn Sheppherds Pie   
Or Jacket Potato with Baked Beans   
Jacket Wedges, Baked Beans & Mixed Salad  
Strawberry Mousse

MONDAY

Baked Sausages with Gravy  
Or Cauliflower Cheese (GF)   
Or Salmon & Cucumber Salad  
Mashed Potatoes, Jacket Wedges, Sweetcorn & Peas  
Ice Cream

MONDAY

All Day Breakfast  
Or All Day Veggie Breakfast   
Or Jacket Potato with Cheese   
50/50 Freshly Baked Bread, Baked Tomatoes  
& Baked Beans  
Apple Crumble & Custard

TUESDAY

Beef Bolognese  
Or Macaroni Cheese (GF)   
Or Gammon Sub Roll  
50/50 Pasta, Green Beans & Sweetcorn  
Apple & Pear Crumble with Custard



TUESDAY

Cottage Pie  
Or Veg Lentil Curry   
Or Egg Mayo Salad   
50/50 Freshly Baked Bread, 50/50 Rice,  
Green Beans & Cauliflower  
Orange Jelly & Mandarins



TUESDAY

Beef Lasagne  
Or Veggie Bolognese   
Or Tuna & Cucumber Pasta Salad  
50/50 Pasta, Sweetcorn & Peas  
Pear & Chocolate Sponge



WEDNESDAY

Chicken Pie  
Or Spinach & Mushroom Lasagne   
Or Jacket Potato with Tuna & Mayo  
Mashed Potatoes, Gravy, Broccoli & Carrots  
Drizzled Iced Carrot Cake

WEDNESDAY

Chicken Korma  
Or Cheese & Tomato Puff   
Or Jacket Potato with Tuna & Mayo  
50/50 Freshly Baked Bread, 50/50 Rice,  
Broccoli & Baked Tomatoes  
Fruit Flapjack



WEDNESDAY

Sweet & Sour Chicken  
Or Quorn Korma   
Or Jacket Potato with Chicken & Mayo  
50/50 Rice, Green Beans & Cauliflower  
Shortbread

THURSDAY

Roast Turkey & Stuffing with Gravy  
Or Lentil Roast   
Or Salmon & Pasta Salad  
Roast Potato, Carrots & Green Beans  
Chocolate & Beetroot Brownie

THURSDAY

Roast Gammon  
Or Wholemeal Rosated Veg Tart   
Or Jacket Potato with Cheese   
Roast Potato, Cabbage & Carrots  
Banana Custard

THURSDAY

Roast Beef  
Or Cheese, Onion & Lentil Tart   
Or Salmon & Pasta Salad  
Roast Potatoes, Cabbage & Carrots  
Strawberry Jelly & Pineapple



FRIDAY

Fish Fingers  
Or Jacket Potato Cheese & Beans   
Or Turkey Salad Sub Roll  
Chips, Peas & Baked Beans  
Strawberry Jelly & Peach Slices



FRIDAY

Fish Fingers  
Or Veggie Sausages   
Or Gammon & Sweetcorn Pasta Salad  
Chips, Peas & Baked Beans  
Pineapple Upside Down Pudding & Custard

FRIDAY

Breaded Fish  
Or Fishermans Pie with Cheese   
Or Mexican Veggie Burrito   
Chips, Peas & Salad  
Lemon Drizzle Cake



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

Smile food that makes you happy