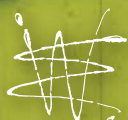


# Where Is Your Food From?



Phil comes from a long line of Greengrocers. What he doesn't know about carrots is not worth knowing. That's why we started working with Phil in 2009.



**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.



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,  
**01285 861436**

## Free School Meals are you entitled?

It is easy to claim  
please contact the school office.

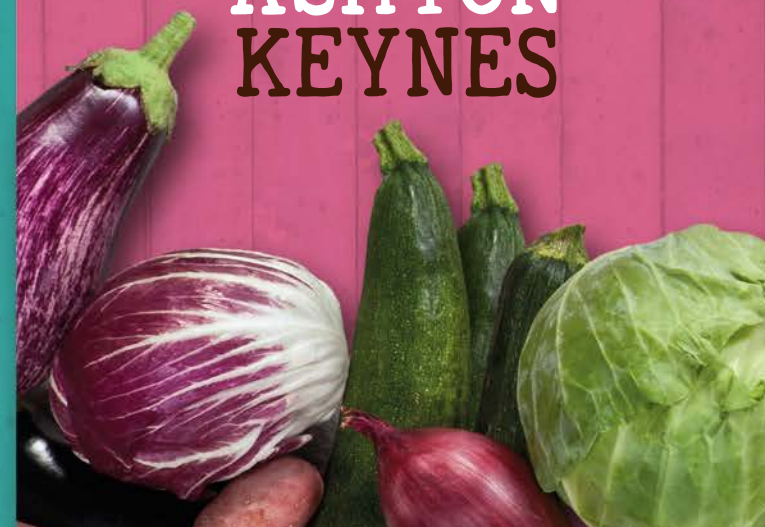
please note menus subject to change due to unforeseen circumstances



*Smile*  
food that makes you happy

AUTUMN/WINTER 2017

**MENU  
2017  
ASHTON  
KEYNES**





# Week 1



# Week 2




# Week 3

4/9/2017, 25/9/2017, 16/10/2017, 13/11/2017, 4/12/2017,  
4/1/2018, 22/01/2018, 19/02/2018, 12/03/2018

11/09/2017, 02/10/2017, 30/10/2017, 20/11/2017,  
11/12/2017, 8/1/2018, 29/01/2018, 26/02/2018, 19/03/2018

18/9/2017, 9/10/2017, 6/11/2017, 27/11/2017, 18/12/2017,  
15/01/2018, 05/02/2018, 05/03/2018


MONDAY

Chicken Meatballs in Tomato & Basil Sauce  
Or  
Cheese and Tomato Pizza   
Or  
Jacket Potato with Tuna Mayo  
**Pasta, New Potatoes, Sweetcorn & Salad**  
Chocolate Krispie Cake


MONDAY

Chicken and Sweetcorn Pasta Bake  
Or  
Sweet & Sour Veg   
Or  
Salmon Pasta Salad  
**Rice, Sweetcorn & Peppers, Salad**  
Chocolate & Beetroot Brownie


MONDAY

Sweet and Sour Chicken  
Or  
Cheese and Leek Pasty   
Or  
Jacket Potato with Cheese  
**New Potatoes, Rice, Green Beans & Sweetcorn**  
Apple Crumble with Custard


TUESDAY

Cottage Pie  
Or  
Stir Fried Vegetable Noodles   
Or  
Jacket Potato with Baked Beans  
**Ranch Potatoes, Medley of Veg & Salad**  
Peach Sponge


TUESDAY

Sausage  
Or  
Cheese & Tomato Puff   
Or  
Tomato Soup and Baguette  
**Mashed Potatoes, Broccoli & Carrots**  
Banana Muffin


TUESDAY

Spaghetti Bolognese  
Or  
Sweet Potato and Squash Stew   
Or  
Jacket Potato with Tuna Mayo  
**Ranch Potatoes, Pasta, Medley of Veg & Salad**  
Jelly & Fruit


WEDNESDAY

Roast Chicken, Stuffing & Gravy  
Or  
Vegetable Lasagne   
Or  
Tomato Soup and Baguette  
**Roast Potatoes, Garlic Bread, Fresh Broccoli & Fresh Carrots**  
Jelly & Fruit


WEDNESDAY

Roast Gammon and Gravy  
Or  
Roast Quorn Fillet   
Or  
Cheese Baguette & Tomato Soup  
**Roast Potatoes, Medley of Veg & Salad**  
Jelly & Fruit


WEDNESDAY

Roast Turkey  
Or  
Macaroni Cheese   
Or  
Tomato Soup and Baguette  
**Roast Potatoes, Broccoli & Carrots**  
Pear & Chocolate Sponge/Choc Custard


THURSDAY

Chicken Korma  
Or  
Quorn Shepperd's Pie   
Or  
Tuna and Cucumber Pasta Salad  
**Turmeric Rice, Sweetcorn & Peppers, Salad**  
Apple & Banana Crisp with Custard


THURSDAY

Beef Lasagne  
Or  
Veggie Bolognese   
Or  
Gammon and Sweetcorn Pasta Salad  
**New Potatoes, Pasta, Green Beans & Sweetcorn**  
Pineapple Upside Down Cake with Custard


THURSDAY

BBQ Chicken  
Or  
Quorn Korma   
Or  
Cheese Salad  
**Rice, Sweetcorn and Peppers, Salad**  
Shortbread & Yogurt


FRIDAY

Battered Fish  
Or  
Red Pepper & Courgette Slice   
Or  
Jacket Potato & Beans  
**Chips, Peas & Baked Beans**  
Lemon Drizzle Cake

FRIDAY

Fish Goujons  
Or  
Spinach & Sweet Potato Swirl   
Or  
Jacket Potato & Baked Beans  
**Herby Potatoes, Peas & Baked Beans**  
St Clements Sponge

FRIDAY

Fish Fingers  
Or  
Vegetarian Hot Dogs   
Or  
Jacket Potato with Baked Beans  
**Chips, Peas & Baked Beans**  
Buttercream Cupcakes

FRESH  
HEALTHY  
TASTY

We use locally  
sourced ingredients  
when available  
and in season

Served Daily – Freshly baked bread, Freshly sliced fruit,  
yoghurts and fresh drinking water.

Smile food that makes you happy

 Suitable for Vegetarians