



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

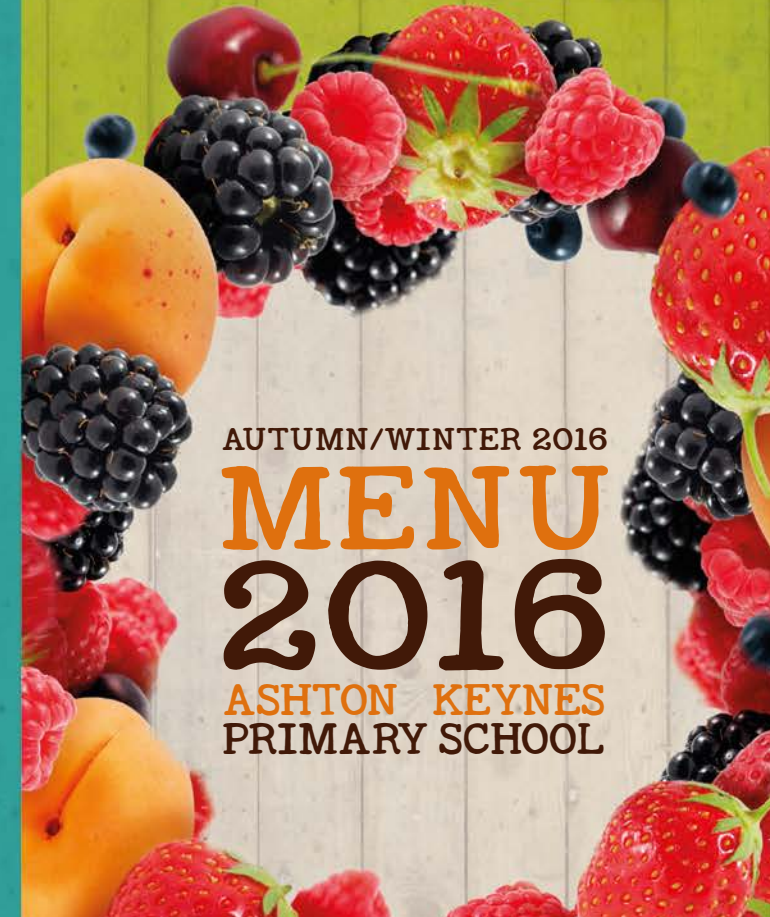
Free School Meals are you entitled?

It is easy to claim
please contact the school office.



Smile

food that makes you happy



AUTUMN/WINTER 2016

**MENU
2016**

**ASHTON KEYNES
PRIMARY SCHOOL**

Week 1



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

MONDAY

TUESDAY

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

FRESH
HEALTHY
TASTY

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)

TUESDAY

WEDNESDAY

THURSDAY

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

THURSDAY

FRIDAY

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



FRIDAY

Week 2



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

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

We use locally
sourced ingredients
when available
and in season

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

Week 3

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

