

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

Please note menus subject to change due to unforeseen circumstances



DATE Autumn Winter 2019

PAY

You!

SUM OF Four Hundred and Thirty Seven Pounds

ALL PUPILS IN RECEPTION UP TO YEAR 2 ARE ENTITLED TO A FREE, NUTRITIOUS SCHOOL MEAL AT LUNCHTIME! Everyone gets Universal Infant

Free School Meals automatically and will benefit by **£437** a year per child.

If your child is in year 3 or above, find out if they could also qualify for a free school meal by contacting the school office.



£437.00



05 00 43 91 77 00 50 85 4 7 00 1 5 5 0 8 4 3 9 1 7 7 0 5



Smile
food that makes you happy

ASHTON
KEYNES
PRIMARY SCHOOL

MENU

Autumn Winter 2019



WEEK 1

04/11/19, 25/11/19, 16/12/19, 20/01/20,
10/02/20, 09/03/20, 30/03/20

Veggie Burger & Jacket Wedges with Tomato Sauce (v)
or
Vegetable Keema Curry with Rice (v)
or
Jacket Potato with Choice of Filling (v)
Sweetcorn, Green Beans
Arctic Roll

**FRESH
HEALTHY
TASTY**

Spanish Chicken & Rice
or
Honey & Ginger Vegetable Stir Fry with Rice (v)
or
Tomato Soup & Cheese Baguette (v)
Rainbow Vegetables, Garden Peas
Strawberry Jelly & Peach Slices (v)

Roast Beef with Gravy & Roast Potatoes
or
Quorn Fillet with Stuffing, Gravy & Roast Potatoes (v)
or
Jacket Potato with Choice of Filling (v)
Broccoli, Carrots
Lime Shortbread

Beef Chilli & Rice
or
Tomato & Vegetable Ragu with Garlic Bread (v)
or
Tomato Soup & Cheese Baguette (v)
Sweetcorn & Peppers, Roasted Courgettes
Summer Berry & Apple Crumble with Custard

Salmon Fish Fingers or Fish Fingers with Chips & Tomato Sauce
or
Veggie Mince Pie with Gravy & Chips (v)
or
Jacket Potato with Choice of Filling (v)
Baked Beans, Garden Peas
Carrot Cookie

WEEK 2

11/11/19, 02/12/19, 06/01/20, 27/01/20,
24/02/20, 16/03/20

Sausages & Mash with Gravy
or
Cheese & Tomato Pizza with Jacket Wedges (v)
or
Jacket Potato with Choice of Filling (v)
Sweet Corn & Peppers, Green Beans
Caramel Krispie Cake

Spicy Beef Wraps with Jacket Wedges
or
Mac & Cheese with Herby Diced Potatoes (v)
or
Tomato Soup & Cheese Baguette (v)
Garden Peas, Mixed Salad
Caramelised Apple Crumble with Custard

Roast Chicken with Stuffing, Gravy & Roast Potatoes
or
Quorn Paella (v)
or
Jacket Potato with Choice of Filling (v)
Shredded Cabbage, Carrots
Flapjack

Beef Lasagne with Garlic Bread
or
All Day Veggie Breakfast (v)
or
Tomato Soup & Cheese Baguette (v)
Broccoli, BBQ Beans
Summer Fruit Swirl Sponge & Custard

Battered Cod with Chips & Tomato Sauce
or
Cheesy Broccoli Quiche with Chips (v)
or
Jacket Potato with Choice of Filling (v)
Baked Beans, Garden Peas
Strawberry Jelly with Pineapple Chunks (v)

WEEK 3

18/11/19, 09/12/19, 13/01/20, 03/02/20,
02/03/20, 23/03/20

Vegetable Chow Mein (v)
or
Veggie Hot Dog with Herby Diced Potatoes (v)
or
Jacket Potato with Choice of Filling (v)
Sweet Corn, BBQ Beans
Toffee Apple Sponge with Custard

Chicken Korma Curry with Rice
or
Sweet Tomato & Lentil Pasta Bake with Fresh Bread (v)
or
Tomato Soup & Cheese Baguette (v)
Broccoli, Mixed Salad
Coconut Jam Slice

Roast Turkey with Stuffing, Gravy & Roast Potatoes
or
Veggie Sausages with Gravy & Roast Potatoes (v)
or
Jacket Potato with Choice of Filling (v)
Shredded Cabbage, Swede
Raspberry Oat Slice

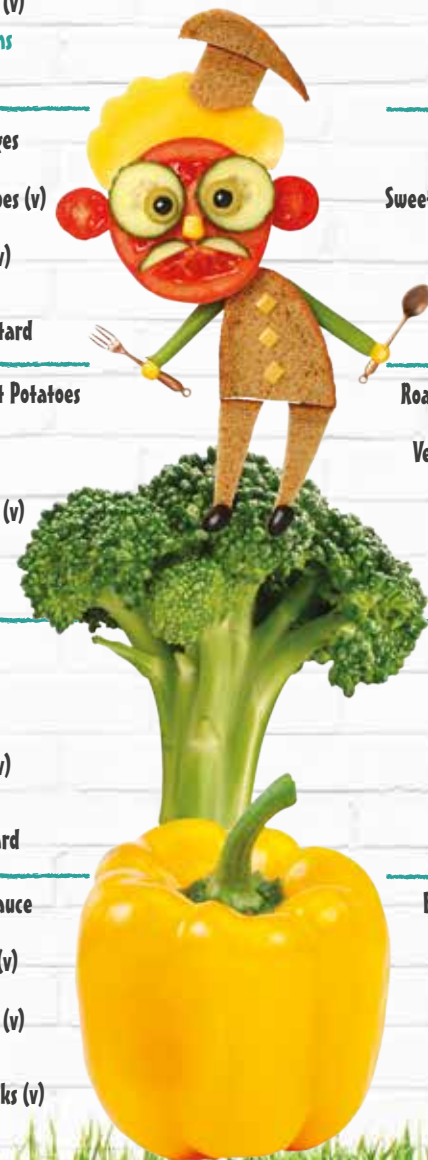
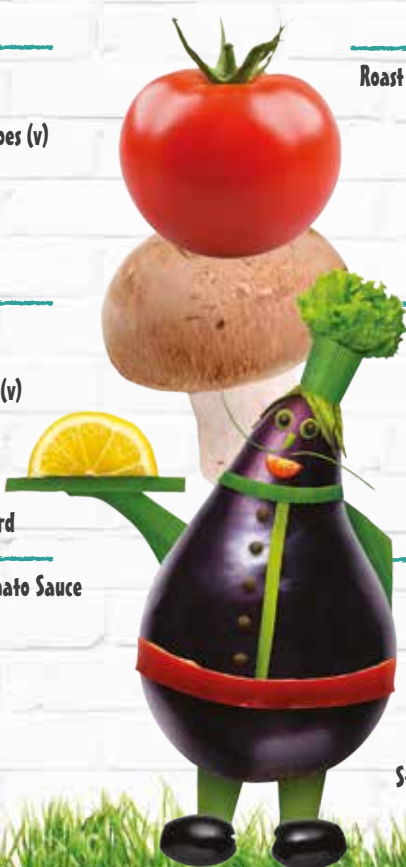
Macaroni Bolognaise & Garlic Bread
or
Veggie Chilli & Rice (v)
or
Tomato Soup & Cheese Baguette (v)
Green Beans, Sweetcorn & Peppers
Apple & Blackberry Crumble & Custard

Bubble Crumb Fish & Chips with Tomato Sauce
or
Pizza Catherine Pinwheel & Chips (v)
or
Jacket Potato with Choice of Filling (v)
Baked Beans, Garden Peas
Iced Bun



Smile food that makes you happy

(V) Suitable for Vegetarians



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY