

Your Menu

Welcome to your new menu which we hope you will really enjoy. We are proud that we are able to provide a menu which offers freshly prepared meals, which are compliant to all current food and allergen standards.



It's All Good News

Peace of mind that your child has received a wholesome meal at lunchtime.

A menu that includes at least 3 different fruits and three different vegetables each week.

A menu that includes a dessert containing at least 50% fruit two or more times per week.

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

Did You Know?

We cook all of our food fresh on the day in our kitchens by our trained staff. Popular recipes are adapted to make them as healthy as possible. We actively reduce fats and sugar and NEVER use salt. Importantly we listen to your feedback.

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

WORKING IN PARTNERSHIP

Contact Us

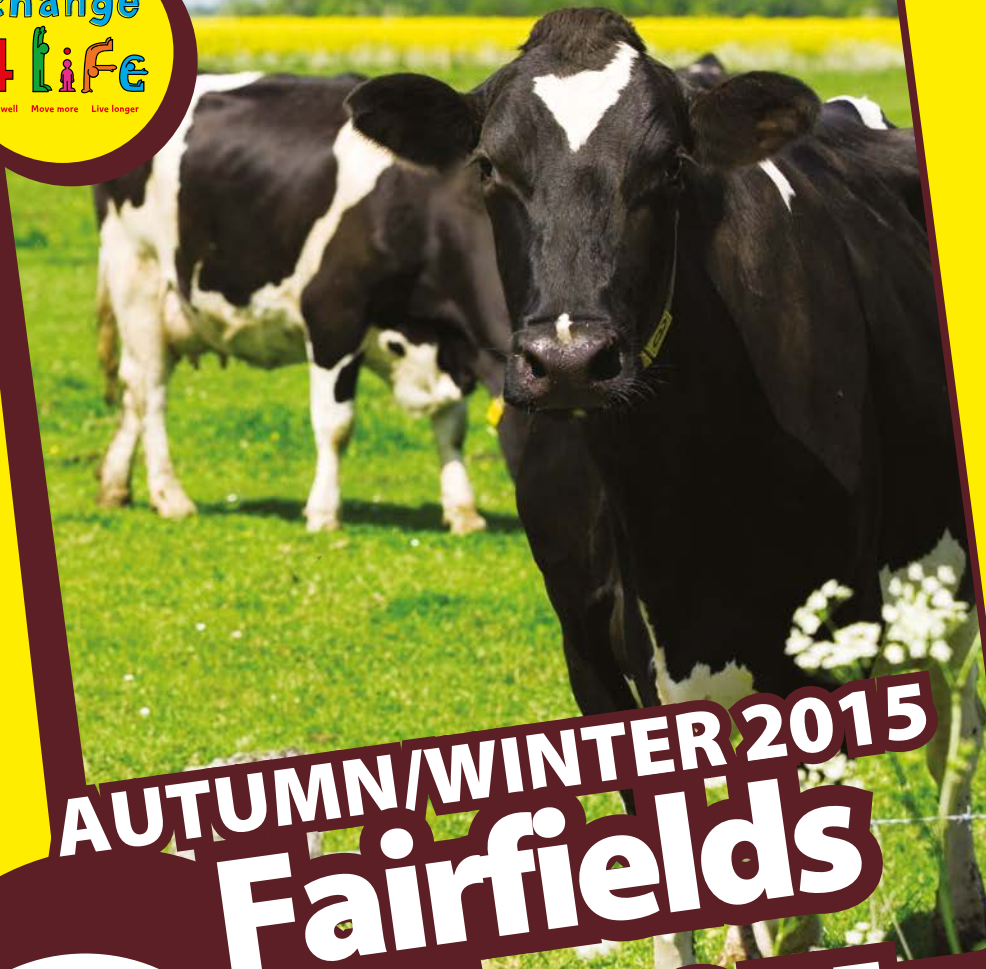
We will be delighted to hear from you,
01934 615616

www.edwardsandward.co.uk



edwards and ward
a recipe for success

AUTUMN/WINTER
2015



AUTUMN/WINTER 2015

Fairfields Menu



edwards and ward
a recipe for success

AUTUMN/WINTER 2015

Week commencing

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

Chicken and Pasta Bake
OR
Mexican Vegetable Burrito

Herby Diced Potatoes,
Sweetcorn & Broccoli

Fruit Salad

Beef Lasagne
OR
Vegetable Hotdog

Oven Baked Wedges,
Mixed Salad & Carrots

Chocolate Crunch

Roast Turkey and Stuffing
OR
Broccoli and Pasta Bake
OR
Jacket Potato and Baked Beans

Roast Potatoes,
Sweetcorn & Green Beans

Ice Cream

Butchers Sausages and Gravy
OR
Vegetable Chow Mein
OR
Turkey Salad

Mashed Potatoes, Yorkshire
Pudding, Roasted Root
Vegetables & Mashed Swede

Apple Sponge and Custard

Fish Goujons
OR
Whole Grain Roasted
Vegetable Tart
OR

Jacket Potatoes with
Cheese and Beans

Homemade Jacket Wedges,
Peas & Baked Beans

Flapjack

Week 2

Beef Burger in a Bun
OR
Vegetable Burger

Ranch Potatoes &
Mixed Salad

Shortbread

BBQ Chicken
OR
Wholemeal Cheese
and Tomato Pizza

New Potatoes,
Peas & Carrots

Fruit Crumble and Custard

Roast Gammon and Gravy
OR
Cauliflower Cheese
OR
Jacket Potato with Tuna Mayo

Roast Potatoes, Yorkshire
Pudding, Pan Fried
Courgettes & Broccoli

Yoghurt

Chicken Korma
OR
Vegetable Sausage Pizza
OR
Ham Salad

Boiled Rice & Sweetcorn
and Peppers

Pear and Chocolate
Sponge with Custard

Harry Ramsden Battered Fish
OR
Red Onion and Cheese Quiche
OR
Jacket Potato Cheese and Beans

Homemade Jacket Wedges,
Peas & Baked Beans

Iced Bun

Week 3

Spicy Beef Wholemeal Pizza
OR
Roasted Vegetable
and Cheddar Roll

Homemade Oven
Baked Wedges & Mixed Salad

Chocolate Oat Cake

Lamb Kofte with Pitta Bread
OR
Cheese and Tomato Puff

Herby Cous Cous & Medley of
Vegetables

Apple and Banana Crisp

Roast Chicken with
Stuffing and Gravy
OR
Linda McCartney
Vegetable Sausages
OR
Jacket Potato and Cheese

Roast Potatoes, Carrots
& Broccoli

Jam Roly Poly and Custard

Spanish Omelette
OR
Macaroni Cheese
OR
Salmon Salad

New Potatoes &
Roasted Vegetables

Peach Crumble and Custard

Fish Fingers
OR
Quorn Korma
OR
Jacket Potato with
Chicken Mayo

Chips, Peas & Baked Beans

Ice Cream

Fresh bread, fresh fruit and fresh drinking water available daily

The second choice each day is suitable for vegetarians.
Fruit and vegetables are seasonal and where possible are also locally sourced.