

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 use Fairtrade products.



FREE SCHOOL  
MEALS

All pupils between reception and year 2 are entitled to a free nutritious school lunch.

Everyone automatically gets Universal Infant FREE school meals and can benefit by £458 per child per year. If your child is in year 3 or above, find out if they could still qualify for a free school meal by contacting the school office.



### SPECIAL DIETS

If your child requires a special diet for medical reasons, please check out our website

[www.edwardsandward.co.uk](http://www.edwardsandward.co.uk)

for a full list of FAQs and to complete our online form.



# MENU

AUTUMN/WINTER

2023-24

Springfield



edwards and ward  
a recipe for success

## WEEK ONE

## WEEK TWO

## WEEK THREE

MONDAY

Mac & Cheese (V)  
Choice of Jackets, Sandwiches or Tomato Pasta  
**Rainbow Veg**  
Scoop of Vanilla Ice Cream (V)

TUESDAY

BBQ Chicken with Jacket Wedges  
Choice of Jackets, Sandwiches or Tomato Pasta  
**Sweetcorn & Peppers, Green Beans**  
Apple Crumble (Ve)(Wg) with Custard (V)

WEDNESDAY

Roast of the Day with Mash & Gravy  
Choice of Jackets, Sandwiches or Tomato Pasta  
**Broccoli, Sliced Carrot**  
Strawberry Jelly & Peaches (Ve)

THURSDAY

Cottage Pie  
Choice of Jackets, Sandwiches or Tomato Pasta  
**Cauliflower, Swede**  
Chocolate Mousse with Pears (V)

FRIDAY

Fish Fingers, Salmon Fish Fingers or  
Garden Vegetable Goujons (Ve) with Chips  
Choice of Jackets, Sandwiches or Tomato Pasta  
**Baked Beans, Garden Peas**  
Flapjack (Ve)

4/9/23, 25/9/23, 16/10/23, 6/11/23, 27/11/23, 18/12/23, 8/1/24,  
29/1/24, 19/2/24, 11/3/24

Vegetable Lasagne (V)  
Choice of Jackets, Sandwiches or Tomato Pasta  
**Rainbow Veg**  
Scoop of Vanilla Ice Cream (V)

Margherita Pizza with Jacket Wedges (V)  
Choice of Jackets, Sandwiches or Tomato Pasta  
**Sweetcorn, Green Beans**  
Apple & Pear Crumble (Ve)(Wg) with Custard (V)

Roast of the Day with Mash & Gravy  
Choice of Jackets, Sandwiches or Tomato Pasta  
**Cauliflower, Carrot Batons**  
Orange Jelly & Mandarins (Ve)

Pork or Chicken Sausages with Mash & Gravy  
Choice of Jackets, Sandwiches or Tomato Pasta  
**Cabbage, Garden Peas**  
Banana Custard (V)

Fish Fingers, Salmon Fish Fingers or  
Garden Vegetable Goujons (Ve) with Chips  
Choice of Jackets, Sandwiches or Tomato Pasta  
**Baked Beans, Garden Peas**  
Chocolate Shortbread (Ve)

11/9/23, 2/10/23, 23/10/23, 13/11/23, 4/12/23, 25/12/23, 15/1/24,  
5/2/24, 26/2/24, 18/3/24

Chicken Meatballs with Mash & Gravy  
Choice of Jackets, Sandwiches or Tomato Pasta  
**Rainbow Veg**  
Scoop of Vanilla Ice Cream (V)

Margherita Pizza with Jacket Wedges (V)  
Choice of Jackets, Sandwiches or Tomato Pasta  
**Sweetcorn, Green Beans**  
Peach & Pineapple Crumble (Ve)(Wg)  
with Custard (V)

Roast of the Day **or** Veggie Sausage Toad in the  
Hole (V) with Mash or Roasties & Gravy  
Choice of Jackets, Sandwiches or Tomato Pasta  
**Cabbage, Sliced Carrot**  
Strawberry Jelly & Pineapple (Ve)

Penne with Beef Bolognese (Wg)  
Choice of Jackets, Sandwiches or Tomato Pasta  
**Swede, Shredded Carrots**  
Chocolate Mousse with Mandarins (V)

Fish Fingers, Salmon Fish Fingers or  
Garden Vegetable Goujons (Ve) with Chips  
Choice of Jackets, Sandwiches or Tomato Pasta  
**Baked Beans, Garden Peas**  
Iced Shortbread (Ve)

18/9/23, 9/10/23, 30/10/23, 20/11/23, 11/12/23, 1/1/24, 22/1/24,  
12/2/24, 4/3/24, 25/3/24

V - Vegetarian Ve - Vegan Wg - Wholegrain

Freshly baked bread, fresh fruit, yoghurts and fresh drinking water available daily