

Where Is Your Food From?



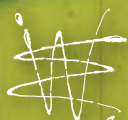
'Ben the Butcher'



'Phil the Veg Man'

We have worked with Ben Creese Country Butchers since 2010. Ben's incredible passion for local produce has been the key to our partnership, we both want the best local produce to feature in our meals. Ben will be visiting a school near you soon to talk about where your food comes 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 John in 2009. Keep your eyes peeled for Phil he will be visiting schools to talk about fruit and veg and where it comes from.



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,

01934 615616

www.edwardsandward.co.uk

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

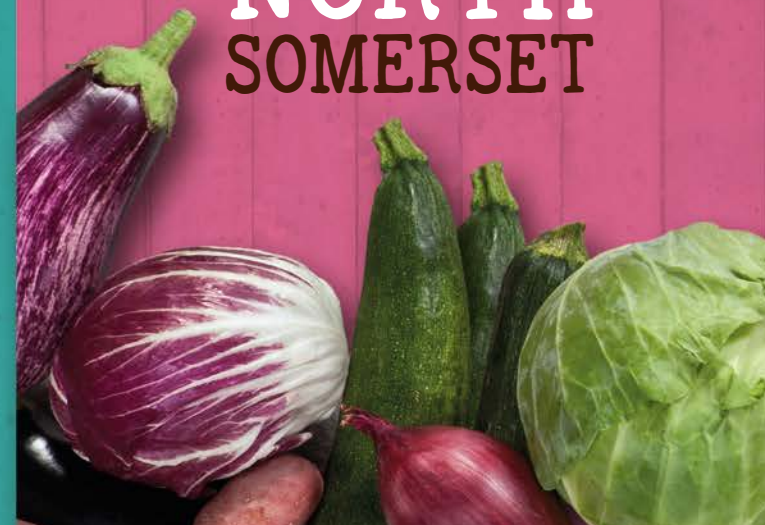


Smile

food that makes you happy

AUTUMN/WINTER 2017

**MENU
2017
NORTH
SOMERSET**



Week 1

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



MONDAY

Beef Burger in a Roll
Or
Stir Fried Vegetable Wrap
Salad Counter: Egg
Jacket Potato Wedges, Coleslaw, Salad
Chilled Choc Custard with Pears

MONDAY

TUESDAY

Cheese & Tomato Puff
Or
Chicken Korma
Salad Counter: Ham
Savoury Rice
Medley Roast Vegetables, Fresh Broccoli
Banana Muffin and Custard

TUESDAY

WEDNESDAY

Roast Pork
Or
Sweet Potato and Vegetable Stew
Salad Counter: Salmon
Roast Potatoes, Fresh Carrots, Fresh Cauliflower
Strawberry Jelly with Fruit Salad

WEDNESDAY

THURSDAY

Pasta Bolognese
Or
Quorn Korma with Rice (ww)
Salad Counter: Quiche
Pasta 50% Wholemeal, Green Beans, Sweetcorn
Jam Roly Poly and Custard

THURSDAY

FRIDAY

Fish Fingers
Or
Vegetable Lasagne
Salad Counter: Cheese
Chips, Peas, Baked Beans
Chocolate and Beetroot Brownie

FRIDAY



Week 2

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



MONDAY

Chicken Meat Balls in a Rich Tomato Sauce
Or
Veggie Sausages
Salad Counter: Egg
Penne Pasta (ww), Green Beans, Sweetcorn
Pineapple Crumble and Custard

TUESDAY

Cheese and Tomato Pizza
Or
Roast Vegetable Tart
Salad Counter: Ham
Herby Diced Potatoes, BBQ Baked Beans, Mixed Salad
Orange Jelly with Peach Slices

WEDNESDAY

Roast Gammon
Or
Spinach and Mushroom Lasagne
Salad Counter: Quiche
Roast Potatoes, Cabbage, Carrots
Strawberry Mousse

THURSDAY

Cottage Pie
Or
Vegetable Pitta/Wrap
Salad Counter: Gammon
Mexican Rice (ww), Medley Vegetables, Broccoli
Orange Sponge And Custard

FRIDAY

Seaside Fish
Or
Mexican Bean and Cheese Wrap
Salad Counter: Tuna
Chips, Tomato/cucumber, Peas
Chocolate Oaty Squares



Week 3

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



Sausages in a Onion Gravy
Or
Sweet Tomato Pasta
Salad Counter: Tuna
Mashed Potatoes, Sliced Green Beans, Carrots
Ice Cream

Chicken Puff Pie (Gravy)
Or
Country Bake
Salad Counter: Egg
Jacket Wedges or New Potatoes
Sweet Corn and Peppers, Broccoli
Apple and Pear Crumble with Custard

Roast Turkey
Or
Vegetable & Lentil Curry
Salad Counter: Ham
Potatoes, Peas, Cauliflower
Fruit Flapjack

Beef Lasagne
Or
Quorn Paella
Salad Counter: Turkey
Garlic Bread, Roasted Vegetables, Mixed Salad
Yogurt and Fruit

Breaded Fish
Or
Bean & Quorn Taco
Salad Counter: Cheese
Chips, Salad, Baked Beans
Lemon Drizzle Cake (Custard)

Suitable for Vegetarians



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

Bread/Pasta/Potato/Cheese is offered with the Salad Selection

Smile food that makes you happy