



NOURISH YOUR CHILD'S INNER SUPERHERO!

Our Food

Edward & Blake's menus are designed to be child friendly, as well as compliant with the Government's school food standards. We use high quality, healthy and nutritious ingredients, prepared fresh on site, on the day of consumption, by suitably trained and child focused employees.

At the heart of our service lies a menu that contains the correct balance of food and nutrients across the week, in order to encourage children to learn, love food, play and grow.

Our lunches include a choice of...

- Meat & vegetarian main courses and accompanying carbohydrates
- 2 vegetable options
- Various salad choices
- Wholemeal or white fresh, crusty baked bread, daily
- A selection of hot and cold desserts
- Chilled water



Feedback/Contact

If you would like to comment on our meals or provide feedback on our service, please email pmoore@edwardsandblake.co.uk

Medical Diets and Allergies

If your child has a specific dietary need for a medical reason, we will work with you to create a menu to meet the needs of your child. We have a Medical Diet Procedure to follow, to ensure your child can safely eat with us. If you would like your child to have a school meal we would need to see a medical certificate from your child's consultant. We can then proceed with creating a suitable menu. Please ask your school for the Medical Diet Request form.

Once you have completed it please return to the school along with the Medical evidence, please ensure all details are correct and it has been signed. This will then be passed onto the Edwards & Blake team who will then create a safe menu for your child and implement as soon as possible.

Help your school and yourself - claim free school meals

FREE SCHOOL MEALS

Did You Know

ALL children in Reception, Year 1 and Year 2 are all eligible for a Universal Infant Free School Meal!

Let Edwards & Blake take the pressure off making a pack lunch and let us provide your child with a nutritionally balanced, hot and delicious lunch,

for **FREE!**

You could save yourself time and **£100's** a year by giving up the pack lunch & encouraging them to have a hot meal prepared and cooked fresh on site by us daily!

Why not give it a try tomorrow?!

Autumn / Winter MENUS 2019/2020

Edgar Sewter Primary School

Week One Dates 28/10/19 – 18/11/19 – 09/12/19 – 30/12/19 – 20/01/20 – 10/02/20 – 02/03/20 – 23/03/20

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Sausages Creamed Potatoes Gravy	Chicken Casserole Potatoes	Roast Gammon Roast Potatoes Yorkshire Pudding & Gravy	Beef Pie Creamed Potatoes & Gravy	Battered Fish & Chips
Vegetarian Main Meal Option	Veggie Mince Pasta Bolognese	Margherita Pizza Baked Jacket wedges	Quorn Roast Roast Potatoes Yorkshire Pudding & Gravy	Mac & Cheese	Vegetable Curry & Rice
Vegetable Selection	Cauliflower & Mixed Vegetables	Broccoli & Winter Coleslaw	Savoy Cabbage & Sweetcorn	Green Beans & Carrots	Garden Peas & Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans				
Dessert	Ginger Sponge & Custard	Fruity Flapjack & Apple Slices	Chocolate Sponge & Chocolate Sauce	Jam Sponge & Custard	Shortbread Biscuit & Fruit Wedges

Week Two Dates 04/11/19 – 25/11/19 – 16/12/19 – 06/01/20 – 27/01/20 – 17/02/19 – 09/03/20 – 30/03/20

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Meatballs in Tomato Sauce With Pasta	Mild Chicken Curry with Rice and Naan Bread	Roast Turkey with Roast Potatoes Stuffing and Gravy	Pasta Bolognese & Garlic Bread	Fish Fingers & Chips
Vegetarian Main Meal Option	Wholemeal Pizza with Baked Potato Wedges	Tomato and Basil Pasta	Lentil Roast with Roast Potatoes Stuffing & Gravy	British Cheddar Quiche with Potato Wedges	Vegetarian Sausage & Chips
Vegetable Selection	Garden Peas & Fresh Salad	Carrots & Green Beans	Cauliflower & Mixed Vegetables	Broccoli & Sweetcorn	Garden Peas & Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans				
Dessert	Hot Chocolate Fudge Cake & Custard	Cornflake Tart & Custard	Shortbread Biscuit & Mixed Fruit	Feathered Jam Sponge & Custard	Ginger & Mandarin Muffin

Week Three Dates 11/11/19 – 02/12/19 – 23/12/19 – 13/01/20 – 03/02/20 – 24/02/20 – 16/03/20

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Burger in a Bun with Jacket Wedges	Cottage pie	Roast Chicken Breast with Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Chicken Pie Creamed Potatoes	Fish fingers & Chips
Vegetarian Main Meal Option	Veggie Mince Chill with rice	Cheesy Margherita Pizza	Quorn Roast with Roast Potatoes, Yorkshire Pudding and Gravy	Tomato. Vegetable Sausage & Macaroni Bake	Vegetable Nuggets & Chips
Vegetable Selection	Sweetcorn & Carrots	Broccoli & Fresh Salad	Cauliflower & Garden Peas	Mixed Vegetables & Savoy Cabbage	Garden Peas & Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans				
Dessert	Apple Crumble & Custard	Lemon Slice	Chocolate Crunch & Custard	Marble Sponge & Custard	Crunchy Biscuit & Apple Slices

Pick and Mix Selection

Fresh Bread, Salad Bar, Fresh Fruit and Yoghurt Available Daily