

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

Fitzwaryn



edwards and ward  
a recipe for success

## WEEK ONE

## WEEK TWO

## WEEK THREE

MONDAY

**Margherita Pizza with Jacket Wedges (V)**  
Jacket Potato with a Choice of Filling  
Classic Tomato Soup with a Cheese Sandwich  
**Rainbow Veg**  
Scoop of Vanilla Ice Cream (V)

TUESDAY

**Mild & Sweet Chicken Curry with Rice (Wg)**  
Jacket Potato with a Choice of Filling  
Classic Tomato Soup with a Cheese Sandwich  
**Sweet corn & Peppers**  
Apple Crumble (Ve)(Wg) with Custard (V)

WEDNESDAY

**Roast of the Day with Roasties & Gravy**  
Jacket Potato with a Choice of Filling  
Classic Tomato Soup with a Cheese Sandwich  
**Broccoli, Sliced Carrot**  
Strawberry Jelly & Peaches (Ve)

THURSDAY

**Penne with Tomato Super Sauce (Ve)**  
Jacket Potato with a Choice of Filling  
Classic Tomato Soup with a Cheese Sandwich  
**Green Beans, Swede**  
Chocolate Mousse (V)

FRIDAY

**Fish Fingers with Chips**  
Jacket Potato with a Choice of Filling  
Classic Tomato Soup with a Cheese Sandwich  
**Baked Beans, Garden Peas**  
Flapjack (Ve)

6/11/23, 27/11/23, 18/12/23, 8/1/24, 29/1/24, 19/2/24, 11/3/24

**Vegetable Lasagne (V)**  
Jacket Potato with a Choice of Filling  
Classic Tomato Soup with a Cheese Sandwich  
**Rainbow Veg**  
Scoop of Vanilla Ice Cream (V)

**Chicken Paella (Wg)**  
Jacket Potato with a Choice of Filling  
Classic Tomato Soup with a Cheese Sandwich  
**Sweet corn, Green Beans**  
Apple & Pear Crumble (Ve)(Wg) with Custard (V)

**Roast of the Day with Roasties & Gravy**  
Jacket Potato with a Choice of Filling  
Classic Tomato Soup with a Cheese Sandwich  
**Cauliflower, Carrot Batons**  
Orange Jelly & Mandarins (Ve)

**Penne with Chicken Meatballs in Classic Tomato Sauce (Wg)**  
Jacket Potato with a Choice of Filling  
Classic Tomato Soup with a Cheese Sandwich  
**Cabbage, Garden Peas**  
Banana Custard (V)

**Fish Fingers with Chips**  
Jacket Potato with a Choice of Filling  
Classic Tomato Soup with a Cheese Sandwich  
**Baked Beans, Garden Peas**  
Chocolate Shortbread (Ve)

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

**Pizza Mac & Cheese (V)**  
Jacket Potato with a Choice of Filling  
Classic Tomato Soup with a Cheese Sandwich  
**Rainbow Veg**  
Scoop of Vanilla Ice Cream (V)

**Chicken Tandoori with Golden Rice (Wg)**  
Jacket Potato with a Choice of Filling  
Classic Tomato Soup with a Cheese Sandwich  
**Sweet corn, Green Beans**  
Peach & Pineapple Crumble (Ve)(Wg) with Custard (V)

**Roast of the Day with Roasties & Gravy**  
Jacket Potato with a Choice of Filling  
Classic Tomato Soup with a Cheese Sandwich  
**Cabbage, Sliced Carrot**  
Strawberry Jelly & Pineapple (Ve)

**Chicken, Broccoli & Sweet corn Pasta Bake (Wg)**  
Jacket Potato with a Choice of Filling  
Classic Tomato Soup with a Cheese Sandwich  
**Swede, Shredded Carrots**  
Chocolate Mousse with Mandarins (V)

**Fish Fingers with Chips**  
Jacket Potato with a Choice of Filling  
Classic Tomato Soup with a Cheese Sandwich  
**Baked Beans, Garden Peas**  
Iced Shortbread (Ve)

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

