

DID YOU
KNOW?

**Better
Health**
Staffordshire

We have teamed up with Better Health Staffordshire to work towards our shared vision of encouraging children to make healthier food choices.

Check out our menu to see which day they've chosen to promote.



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

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



MENU

January-July
2024

Staffordshire



edwards and ward
a recipe for success

WEEK ONE

WEEK TWO

WEEK THREE

MONDAY

Margherita Pizza with Jacket Wedges (V)(WG)
or Penne with Vegballs in Tomato Sauce (Ve)(WG)
 Choice of Jackets, Sandwiches or Tomato Pasta
Green Beans, Sweetcorn
 St Clement's Shortbread (Ve)



TUESDAY

Penne with Beef Bolognese (WG)
or Veggie Cottage Pie (Ve)
 Choice of Jackets, Sandwiches or Tomato Pasta
Broccoli, Garden Peas
 Apple Crumble (Ve)(WG) with Custard (V)

WEDNESDAY

Roast of the Day with Roasties, Stuffing & Gravy
or Homemade Veggie & Stuffing Roll with Roasties
 & Gravy (Ve)
 Choice of Jackets, Sandwiches or Tomato Pasta
Cauliflower, Sliced Carrots
 Chocolate Mousse with Pears (V)

THURSDAY

Mild & Sweet Chicken Curry with Rice (WG)
or Mac & Cheese (V)
 Choice of Jackets, Sandwiches or Tomato Pasta
Rainbow Veg
 Banana Bread (V)

FRIDAY

Fish Fingers or Salmon Fish Fingers with Chips
or Quorn Hotdog with Chips (V)
 Choice of Jackets, Sandwiches or Tomato Pasta
Baked Beans, Garden Peas
 Vanilla Ice Cream with Peaches (V)

08/01, 29/01, 19/02, 11/03, 01/04, 22/04, 13/05, 03/06, 24/06, 15/07

Margherita Pizza with Jacket Wedges (V)(WG)
or Beany Chilli with Rice (Ve)(WG)
 Choice of Jackets, Sandwiches or Tomato Pasta
Green Beans, Sweetcorn
 Lime Shortbread (Ve)

Cottage Pie
or Veggie Chow Mein (Ve)
 Choice of Jackets, Sandwiches or Tomato Pasta
Broccoli, Garden Peas
 Chocolate & Pear Sponge with Chocolate Custard (V)

Roast of the Day with Roasties, Yorkshire & Gravy
or Roasted Butternut Squash with Roasties,
 Yorkshire & Gravy (V)
 Choice of Jackets, Sandwiches or Tomato Pasta
Cauliflower, Sliced Carrots
 Jelly (Ve)

Breakfast for Lunch with Diced Potatoes
or Veggie Breakfast for Lunch with Diced
 Potatoes (V)
 Choice of Jackets, Sandwiches or Tomato Pasta
Baked Beans, Cooked Tomato
 Flapjack (Ve)

Fish Fingers or Salmon Fish Fingers with Chips
or Garden Vegetable Goujons with Chips (Ve)
 Choice of Jackets, Sandwiches or Tomato Pasta
Baked Beans, Garden Peas
 Vanilla Ice Cream with Banana (V)

15/01, 05/02, 26/02, 18/03, 08/04, 29/04, 20/05, 10/06, 01/07, 22/07

Margherita Pizza with Jacket Wedges (V)(WG)
or Penne with Veggie Bolognese (Ve)(WG)
 Choice of Jackets, Sandwiches or Tomato Pasta
Sweetcorn, Green Beans
 Vanilla Iced Shortbread (Ve)

Pork or Chicken Sausages with Mash & Gravy
or Veggie Sausage with Mash & Gravy (Ve)
 Choice of Jackets, Sandwiches or Tomato Pasta
Sliced Carrots, Garden Peas
 Toffee Apple Sponge with Apple Custard (V)

Roast of the Day with Roasties, Stuffing & Gravy
or Quorn Fillet with Roasties, Stuffing
 & Gravy (Ve)
 Choice of Jackets, Sandwiches or Tomato Pasta
Cabbage, Carrot Batons
 Chocolate Mousse with Mandarins (V)

Chicken with Golden Vegetable Rice (WG)
or Mac & Cheese (V)
 Choice of Jackets, Sandwiches or Tomato Pasta
Rainbow Veg
 Jammy Dodger Flapjack (Ve)

Fish Fingers or Salmon Fish Fingers with Chips
or Quorn Dippers with Chips (Ve)
 Choice of Jackets, Sandwiches or Tomato Pasta
Baked Beans, Garden Peas
 Vanilla Ice Cream with Fruit Cocktail (V)

22/01, 12/02, 04/03, 25/03, 15/04, 06/05, 27/05, 17/06, 08/07

V - Vegetarian Ve - Vegan WG - Wholegrain

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

