



**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.**



look out  
for special  
theme days



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**

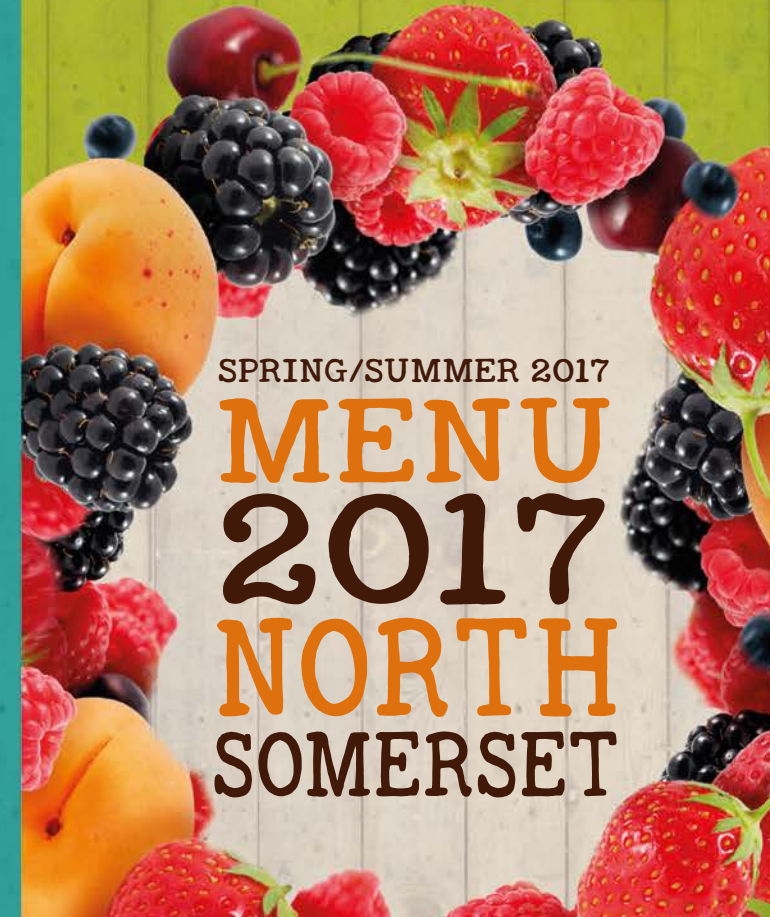
**Free School Meals are you entitled?**

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



SPRING/SUMMER 2017

**MENU  
2017  
NORTH  
SOMERSET**



# Week 1

20/02/17, 13/03/17, 03/04/17, 08/05/17,  
05/06/17, 26/06/17, 17/07/17



# Week 2

27/02/17, 20/03/17, 24/04/17, 15/05/17,  
12/06/17, 03/07/17



# Week 3

06/03/17, 27/03/17, 01/05/17, 22/05/17,  
19/06/17, 10/07/17

MONDAY

Organic Beef Bolognese  
Or  
Sweet Tomato & Lentil Pasta Bake

Salad Counter  
Cheese / Tuna

Pasta (ww), Roasted Vegetables & Salad Bar Selection  
Vanilla Ice Cream

MONDAY

Ham and Macaroni Cheese Bake  
Or  
Vegetable Bolognese

Salad Counter  
Cheese / Tuna

Pasta, Green Beans & Baked Tomato  
Yogurt and Fresh Cut Fruit

MONDAY

Sweet Tomato Pasta Bake  
Or  
Roasted Vegetables & Sweet Corn Pizza

Salad Counter  
Cheese / Ham

Garlic Infused Bread, Salad Bar Selection & Coleslaw  
Pear & Chocolate Sponge

TUESDAY

Pork Chipolatas  
Or  
Cauliflower Cheese

Salad Counter  
Mixed Beans / Egg

Mashed Potato, Spring Greens & Carrots  
Chocolate Sponge with Chocolate Sauce

FRESH  
HEALTHY  
TASTY

TUESDAY

Beef Burger in a Bun  
Or  
Country Bake

Salad Counter  
Cheese / Egg

Oven Baked Jacket Wedges, Coleslaw & Broccoli  
Strawberry Jelly with Peach slices



TUESDAY

BBQ Sauce Chicken Breast  
Or

Vegetable & Lentil Curry

Salad Counter  
Mixed Beans / Egg

Vegetable Rice, Green Beans & Cauliflower  
Strawberry Mousse



WEDNESDAY

Sweet & Sour Chicken  
Or  
Spanish Omelette

Salad Counter  
Pizza Fingers / Cheese

Freshly baked Whole grain Bread, Herb Focaccia/  
Rice (WW), Broccoli & Sweetcorn

Orange Jelly & Mandarins

WEDNESDAY

Cheese and Tomato Pizza  
Or  
Red Onion and Cheese Quiche

Salad Counter  
Salmon / Mixed Beans

Rice Salad, Sweetcorn & Salad Selection  
(Tomato / Cucumber)

Iced Carrot Cake

We use locally  
sourced ingredients  
when available  
and in season

WEDNESDAY

Beef Tortilla Stack  
Or

Veggie Hot Dog

Salad Counter  
Chicken / Cheese

Plain Jacket Potato, Sweetcorn &  
Oven Baked Courgettes

Mandarin Cheesecake



THURSDAY

Roast Gammon  
Or  
Chick Pea Stir Fry with Egg Noodles

Salad Counter  
Salmon / Chickpea

Fondant Potatoes, Green Beans & Cauliflower  
Fruity Crunch Crumble with Coconut Sauce

THURSDAY

Roast Pork  
Or  
Mexican Vegetable Wrap

Salad Counter  
Chickpea / Quiche

Potatoes, Carrots & Cauliflower  
Caramelised Apple Crumble

THURSDAY

Roast Gammon  
Or  
Stir Fried Noodle & Crispy Vegetables

Salad Counter  
Chickpea / Pizza

Roast Potatoes, Broccoli & Carrots  
Dutch Apple Strudel

FRIDAY

Battered Fish  
Or  
Sweet Potato & Spinach Whirl

Salad Counter  
Gammon / Cheese

Chips, Peas, Baked Beans

Fruit Flapjack



FRIDAY

Battered Fish  
Or  
Falafel (Chick Pea Curry Cakes)

Salad Counter  
Pork / Mixed Bean Pate

Chips, Peas & Baked Beans

Iced Bun

FRIDAY

Breaded Fish/Fish Finger  
Or  
Homemade Lentil Burger

Salad Counter  
Gammon / Mixed Beans

Chips, Baked Beans & Garden Peas  
Chocolate & Beetroot Brownie

Suitable for Vegetarians



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

Bread/Pasta/Potato is offered with the Salad Selection

Smile food that makes you happy