



# 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](mailto: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 2020/2021

## ASHLEIGH PRIMARY SCHOOL

**Week One Dates** 02/11/20 – 23/11/20 – 14/12/20 – 04/01/21 – 25/01/21 – 15/02/21 – 08/03/21 – 29/03/21

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Sausages Creamed Potatoes Gravy	Chicken Casserole With New Potatoes	Roast Gammon Roast Potatoes Yorkshire Pudding & Gravy	Beef & Onion Pie with Mash & Gravy	Fish Fingers & Chips
Vegetarian Main Meal Option	Veggie Sausage. Creamed Potatoes Gravy	<b>Margherita Pizza with Baked Jacket Potato wedges</b>	Quorn Roast Roast Potatoes Yorkshire Pudding & Gravy	<b>Mac n Cheese</b>	Vegetable Grill & Chips
Vegetable Selection	Cauliflower & Mixed Vegetables	Broccoli	Savoy Cabbage & Sweetcorn	Green Beans & Carrots	Garden Peas & Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with a Choice of Tuna Mayonnaise, Grated Cheese, Baked Beans				
Pasta Option	Pasta with Cheese Sauce	Pasta with Tomato Sauce	Pasta with Cheese Sauce	Pasta with Tomato Sauce	Pasta with Cheese Sauce
Dessert	Ginger Sponge & Custard	Fruity Flapjack	Chocolate Sponge & Chocolate Sauce	Jam Sponge & Custard	Shortbread & Fruit Wedges

**Week Two Dates** 09/11/20 – 30/11/20 – 21/12/20 – 11/01/21 – 01/02/21 – 22/02/21 – 15/03/21 –

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Meatballs In Tomato Sauce With Pasta	The Great British Breakfast Bacon, Sausage, Mini Hash Browns	<b>Roast Turkey Roast Potatoes Stuffing &amp; Gravy</b>	Pasta Bolognese & Garlic Bread	Fish Fingers & Chips
Vegetarian Main Meal Option	Quorn Meatballs in Tomato Sauce with Pasta	The Great British Vegetarian Breakfast	Chickpea & Lentil Roast Roast Potatoes Stuffing & Gravy	Veggie Bolognese & Garlic Bread	Vegetarian Sausage & Chips
Vegetable Selection	Garden Peas	Baked Beans Half Baked tomato	Cauliflower & Mixed Vegetables	Broccoli & Sweetcorn	Garden Peas & Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with a Choice of Tuna Mayonnaise, Grated Cheese, Baked Beans				
Pasta Option	Pasta with Cheese Sauce	Pasta with Tomato Sauce	Pasta with Cheese Sauce	Pasta with Cheese Sauce	Pasta with Tomato Sauce
Dessert	Hot Chocolate Fudge Cake & Custard	Cornflake Tart & Custard	Shortbread Biscuit & Mixed Fruit	Feathered Jam Sponge & Custard	Ginger & Mandarin Muffin

**Week Three Dates** 16/11/20 – 07/12/20 – 28/12/20 – 18/01/21 – 08/02/21 – 01/03/21 – 22/03/21

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Burger in a Bun With Jacket wedges	Cottage Pie	Roast Chicken Breast Roast Potatoes Yorkshire Pudding & Gravy	Homemade Chicken Pie & Mash	Fish Fingers & Chips
Vegetarian Main Meal Option	Veggie Burger in a Bun with Jacket Wedges	<b>Cheesy Margherita Pizza</b>	Quorn Roast Roast Potatoes Yorkshire Pudding & Gravy	Tomato ,Vegetable Sausage & Macaroni Bake	Vegetable Nuggets & Chips
Vegetable Selection	Sweetcorn & Baked Beans	Broccoli	Cauliflower & Garden Peas	Mixed Vegetables	Garden Peas & Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with a Choice of Tuna Mayonnaise, Grated Cheese, Baked Beans				
Pasta Option	Pasta with Cheese Sauce	Pasta with Tomato Sauce	Pasta with Cheese Sauce	Pasta with Cheese Sauce	Pasta with Tomato Sauce
Dessert	Apple Crumble & Custard	Lemon Slice	Chocolate Crunch	Marble Sponge & Custard	Crunchy Biscuit & Apple Slices

**Pick and Mix Selection**

**Fresh Bread, Fresh Fruit and Yoghurt Available Daily**