



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

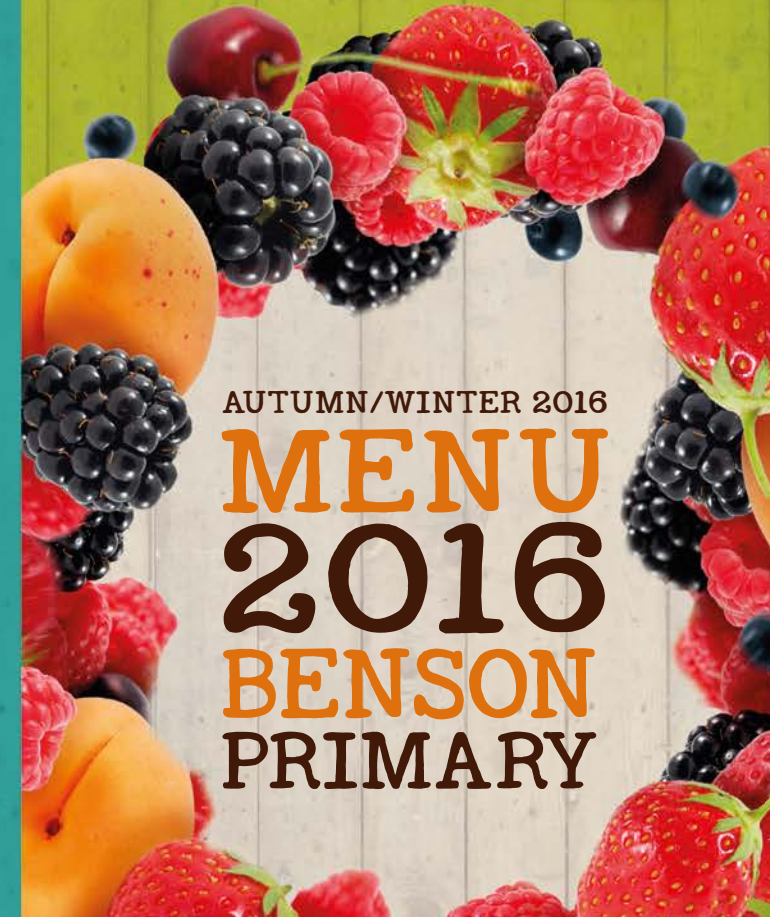
Free School Meals are you entitled?

It is easy to claim
please contact the school office.



Smile

food that makes you happy



AUTUMN/WINTER 2016

**MENU
2016
BENSON
PRIMARY**

Week 1

05/09/16, 26/09/16, 17/10/16, 14/11/16,
05/12/16, 09/01/16, 30/01/16



MONDAY

- Shepherd's Pie
- Or
- Vegetable Pasta Bake
- Or
- Vegetable Soup

Freshly Baked Bread, Carrots & Sweetcorn
Fruit Crumble with Custard

MONDAY

TUESDAY

- Roast Chicken Fillet with Gravy
- Or
- Vegetable Sweet Potato Jalfrezi
- Or
- Jacket Potato with Chicken Mayo
- Roast Potatoes, Freshly Baked Bread, Broccoli & Mashed Swede**
- Chocolate and Beetroot Brownie with Custard

FRESH
HEALTHY
TASTY

TUESDAY

WEDNESDAY

- Beef Curry
- Or
- Cheese and Tomato Pizza
- Or
- Ham or Cheese filled baguette
- Boiled Rice, Freshly Baked Bread & Roasted Spiced Cauliflower**
- Fruit Salad

WEDNESDAY

THURSDAY

- Roast Gammon with Yorkshire and Gravy
- Or
- Veggie Sausage Toad in the whole with Gravy
- Or
- Tomato Soup
- Fondant Potatoes, Freshly Baked Bread, Green Beans & Carrots**
- Banana Custard

THURSDAY

FRIDAY

- Fish Finger
- Or
- Vegetable Burger
- Or
- Jacket Potato Cheese and Beans
- Chipped Potatoes, Freshly Baked Bread, Peas & Beans**
- Ice-Cream



FRIDAY

Week 2

12/09/16, 03/10/16, 31/10/16, 21/11/16,
12/12/16, 16/01/16, 06/02/16



- Chicken & Sweetcorn Pie
- Or
- Roasted Vegetable Cous Cous
- Or
- Tomato Soup

Freshly Baked Bread & Carrots and Peas
Peach Sponge with Custard

- Roast Salmon
- Or
- Macaroni Cheese
- Or
- Jacket Potato with Tuna Mayo
- Creamed Potatoes, Freshly Baked Bread, Baked Tomato & Peas**
- Chocolate Bread and Butter Pudding



- Chicken Korma
- Or
- Spanish Omelette
- Or
- Ham or Cheese filled Baguette
- Boiled Rice, Freshly Baked Bread & Fine Diced Salad**
- Apple Betty with Custard

We use locally
sourced ingredients
when available
and in season

- Roast Pork with Gravy
- Or
- Roasted Quorn Fillet
- Or
- Carrot and Coriander Soup
- Roast Potatoes, Freshly Baked Bread & Roast Root Vegetables**
- Flapjack

- Battered Fish
- Or
- Vegetable Sausage
- Or
- Jacket Potato with Cheese and Beans
- Homemade Jacket Wedges, Freshly Baked Bread, Baked Beans & Peas**
- Muller Fruit Yoghurt

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week 3

19/09/16, 10/10/16, 07/11/16, 28/11/16,
02/01/16, 23/01/16

- Beef Bolognese
- Or
- Vegetable Shepherd's Pie with Sweet Potato Topping
- Or
- Carrot and Coriander Soup
- Spaghetti, Freshly Baked Bread, Fresh Carrots & Sweetcorn and Peppers**
- Apple and Blackberry Crumble with Custard

- Roast Turkey with Gravy
- Or
- Vegetable and Sweetcorn Pizza
- Or
- Ham or Cheese filled Baguettes
- Roast Potatoes, Freshly Baked Bread, Cauliflower Cheese & Green Beans**
- St Clements Sponge & Custard



- Sausage and Mash with Gravy
- Or
- Vegetable Chilli stuffed Wrap
- Or
- Jacket Potato with Cheese
- Mashed Potatoes, Freshly Baked Bread, Baked Beans & Sweetcorn**
- Pear Tart Tartan



- Chicken Pizza
- Or
- Mushroom Stroganoff
- Or
- Tomato Soup
- New Potatoes, Freshly Baked Bread & Mixed Salad**
- Banana Muffin

- Breaded Fish
- Or
- Vegetable Bolognese
- Or
- Jacket Potato with Cheese and Beans
- Chips, Freshly Baked Bread, Peas & Baked Beans**
- Toffee Yoghurt with Banana

Suitable for Vegetarians

Served daily - freshly baked bread, freshly sliced fruit,
yoghurts and fresh drinking water

Smile food that makes you happy

