Where Is Your Food From?

'Ben the Butcher'

We have worked with Ben Creese Country Butchers since 2010. Ben's incredible passion for local produce has been the key to our partnership, we both want the best local produce to feature in our meals. Ben will be visiting a school near you soon to talk about where your food comes from.

'Phil the Veg Man'

Phil comes from a long line of Greengrocers. What he doesn't know about carrots is not worth knowing. That's why we started working with John in 2009. Keep your eyes peeled for Phil he will be visiting schools to talk about fruit and veg and where it comes from.

LACA
Lead Association for Catering in Education

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.

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.

ASSURED FOOD STANDARDS

All of our fish is MSC Certified to encourage sustainable fishing practices.

CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org

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,
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

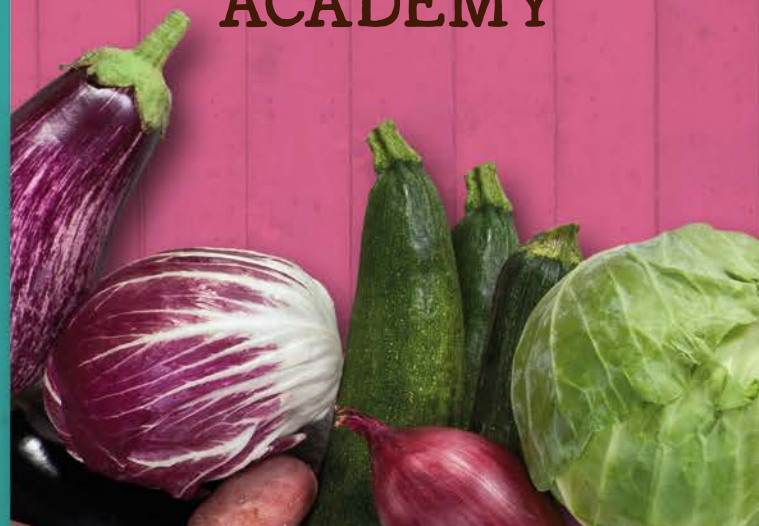
Smile

food that makes you happy

AUTUMN/WINTER 2017

MENU 2017

ABBEYWOODS ACADEMY



Week 1

4/09/2017, 25/09/2017, 16/10/2017, 13/11/2017
4/12/2017, 1/01/2018, 22/01/2018

MONDAY

Cheese & Tomato Pizza
Or
Spanish Omelette
Or
Jacket Potato with Beans
Half Jacket Potato, Sweetcorn, BBQ Baked Beans
Strawberry and Apple Crumble and Custard

TUESDAY

Spicy Beef Wrap
Or
Broccoli & Pasta Bake
Or
Tomato Soup and Ham Baguette White
Herby Diced Potatoes, Medley of Vegetables, Green Beans
Ice Cream Tubs

WEDNESDAY

Roast Chicken, Stuffing & Gravy
Or
Red Pepper & Courgette Slice
Or
Jacket Potato with Baked Beans & Cheese
Roast Potato, Carrots, Cauliflower
Traditional Carrot Cake

THURSDAY

Sausage Pasta Bake
Or
Quorn Sausage Pasta Bake
Or
Jacket Potato with Tuna Mayo
Freshly Baked Bread, Sweetcorn & Peppers, Coleslaw
Strawberry Jelly & Fruit Salad

FRIDAY

Fish Finger MSC/ Salmon Fish Fingers
Or
Jacket Potato with Baked Bean & Cheese
Or
Tomato Soup and Ham Baguette
Chips, Pasta, Baked Beans, Peas
Lemon Curd Shortcake

FRESH HEALTHY TASTY

Week 2

11/09/2017, 02/10/2017, 30/10/2017, 20/11/2017,
11/12/2017, 8/01/2018, 29/01/2018

MONDAY

Chicken Meatballs in Tomato Sauce
Or
Vegetable Bolognaise
Or
Tomato Soup and Ham Baguette White
Pasta, Sweetcorn & Peppers, Green Beans
Cheese & Biscuits

TUESDAY

Beef Tortilla Stack
Or
Mexican Bean & Cheese Wrap
Or
Jacket Potato with Beans
Garlic Tomato Bread, Salad, Peas
Oat & Sultana Cookies

WEDNESDAY

Roast Pork with Gravy
Or
Sweet Potato & Spinach Whirl
Or
Jacket Potato with Tuna Mayo
Roast Potato, Carrots, Broccoli
Toffee Frozen Yoghurt with Fairtrade Banana

THURSDAY

Ham and Tomato Macaroni Cheese Bake
Or
Veggie Hot Dog - Linda McCartney
Or
Jacket Potato with Baked Bean & Cheese
Green Beans, Coleslaw
Caramalised Apple Crumble & Custard

FRIDAY

Battered Fish MSC
Or
Wholemeal Roasted Vegetable Tart
Or
Tomato Soup and Ham Baguette
Chips, Pasta 50/50, Baked Beans, Peas
Chocolate Oaty Square

We use locally sourced ingredients when available and in season

Week 3

18/09/2017, 09/10/2017, 06/11/2017
27/11/2017, 18/12/2017, 15/01/2018, 5/02/2018

MONDAY

Pork Chipolatas 16's with Gravy
Or
Country Bake
Or
Jacket Potato with Tuna Mayo
Mashed Potato, Baked Beans, Peas
Apple Sponge Fresh

TUESDAY

Cottage Pie
Or
Sweet Tomato Pasta Bake
Or
Tomato Soup and Cheese Baguette White
Cabbage, Green Beans
Chocolate & Beetroot Brownie

WEDNESDAY

Roast Chicken, Stuffing & Gravy
Or
Vegetable & Sweet Potato Jalfrezi
Or
Jacket Potato with Cheese
Roast Potatoes, Carrots, Broccoli
Rhubarb Oaty Crumble & Custard

THURSDAY

BBQ Pulled Pork Pizza
Or
Macaroni Cheese
Or
Jacket Potato with Beans
Half Jacket Potato, Sweetcorn, Roasted Vegetables
Ice Cream Tubs

FRIDAY

Fish Finger MSC
Or
Cheese & Leek Pasty
Or
Tomato Soup and Ham Baguette
Chips, Pasta, Peas, Baked Beans
Shortbread Biscuit with Yeo Valley Yoghurt

Suitable for Vegetarians

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

Smile food that makes you happy