



# NOURISH YOUR CHILD'S INNER SUPERHERO



## HELLO AND WELCOME TO EDWARDS & BLAKE! - WE ARE THRILLED TO BE FEEDING YOUR SUPERHEROES!

We are a leading contract caterer providing delicious, nutritious food to over 160 schools in the East of England and beyond. The company has grown steadily since its inception over 20 years ago, but our culture and ethos is still firmly rooted in a belief that fresh, locally-sourced, home-cooked food not only tastes better but is essential to well-being and that nothing less than high service standards will do.

Great fresh food locally sourced at the best price is part of our DNA and why wouldn't it be?! As an East Anglian-based fresh food catering company we are fortunate enough to have fantastic high-quality produce at our disposal. We have worked with a number of local farms and suppliers since the company was established and we are committed to using produce being supplied within our region. This ensures that we receive a high level of service and excellent quality. Our menus change twice per year and we purchase seasonal goods at the right times of the year ensuring the best quality and value.

We don't rest on our laurels at Edwards & Blake; we are always striving to exceed expectations. We respond to client and pupil feedback and provide a service that encourages healthy eating and a love of food. We fully understand the importance of providing added value to each and every one of our education clients by delivering the catering services the pupils deserve and their parents would expect. For us, offering a personable, flexible service has been key to our success. Our ethos is one of support and interaction, working together to give the pupils real opportunities to learn about food, thereby adding real and genuine value to life at the school. We work closely with our schools to create an offer that adheres to each school's objectives and reflects each schools' individual needs whilst also embracing new ideas and concepts. We very much see ourselves as part of each school, working together to ensure we deliver fantastic food that remains fresh and exciting, we believe our personal, pastoral approach is a great cultural fit with the ethos within Primary schools and together we will provide great foundations on which to grow and develop the catering service together.

For more information about Edwards & Blake, visit our website at [www.edwardsandblake.co.uk](http://www.edwardsandblake.co.uk)

## EAT WELL!



# PRIMARY AUTUMN WINTER 2018/2019 MENU

Week Commencing: 29 Oct, 19 Nov, 10 / 31 Dec 2018, 21 Jan, 11 Feb, 11 Mar, 1 April 2019					
Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Turkey Meatballs with Crushed Potatoes and a Tomato Sauce	Classic Italian Lasagne served with Garlic Bread	Roast Chicken served with all the Traditional Accompaniments, Roast Potatoes, Sage and Onion Stuffing and Gravy	Mild Chicken Curry served with Steamed Brown Rice and Garlic Naan Bread	Freshly Baked Fillet of Battered MSC certified Fish with Chips or Baked Wedges
Vegetarian Main Course	Macaroni Cheese Bake	Vegetable Sausages served with Gravy and Creamy Mash	Quorn Roast / Lentil Roast with all of the Roast Dinner Trimmings	Vegetable Wholemeal Tortilla Lasagne with Garlic Bread	Baked Vegetable Spring Roll with a Curry Sauce and Vegetable Brown Rice or Chips
Alternative Main Course	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Garden Peas and Broccoli	Fresh Carrots and Sweetcorn	Sliced Green Beans and Cauliflower	Roasted Peppers, Sweetcorn and Savoy Cabbage	Garden Peas or Baked Beans
Dessert	Reduced Sugar Banana and Chocolate Muffin / Cake	Cherry and Sultana Flapjack	Fruit Jelly and Ice Cream	Pear and Cinnamon Cake with Custard	Chocolate Brownie

Week Commencing: 5 / 26 Nov, 17 Dec 2018, 7 / 28 Jan, 25 Feb, 18 March 2019					
Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Salmon and Tuna Pasta Bake with Tomato and Garlic Bread	Braised Red Tractor Beef, Vegetable and Potato Pie, and it's topped with our delicious Shortcrust Pastry!	Roast Pork served with all of our Seasons Fresh Vegetables, Roast Potatoes, Yorkshire Pudding and a Delicious Gravy	Traditional Shepherd's Pie, served with a Rich Gravy and Fluffy Mash	Freshly Baked Fish Fingers / Goujons with Chips or Baked Wedges
Vegetarian Main Course	Baked Vegetable Pizza Slice served with a Fresh Garden Salad	Roasted Winter Root Vegetable Casserole with Cheesy Croutons	Quorn Roast / Lentil Roast with all of the Roast Dinner Trimmings	Japanese Oven Baked Vegetable Katsu Curry with Coriander Rice	Oven Baked Bean Burrito with Vegetable Rice or Chips and Tomato Sauce
Alternative Main Course	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Garden Peas and Fresh Carrots	Sweetcorn and Broccoli	Sliced Green Beans and Fresh Carrots	Braised Red Cabbage and Sweetcorn	Garden Peas or Baked Beans
Dessert	Apple Crumble with Custard	Fruity Flapjack Slice	Fruit Jelly and Ice Cream	Banana Gingerbread Pudding and Custard	Blueberry Muffin / Cake

Week Commencing: 12 Nov, 3 Dec 2018, 14 Jan, 4 Feb, 4 / 25 March 2019					
Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Pork Sausages and Mash with a Red Onion Gravy	Low and Slow Braised Beef Bolognese with Penne Pasta	Roast Chicken served with all the Traditional Accompaniments, Roast Potatoes, Sage and Onion Stuffing and Gravy	Chicken with Rice and a Rustic Tomato Sauce	Freshly Baked Fish Fingers with Chips or Baked Wedges and Garden Peas
Vegetarian Main Course	Bubble and Squeak Frittata Slice served with a Fresh Garden Salad	Braised Mexican Bean Stew with a Mild Spiced Tomato Sauce and Folded Flatbread	Quorn Roast / Lentil Roast with all of the Roast Dinner Trimmings	Chickpea and Aubergine Curry with Wholegrain Rice	Vegetarian Brunch Vegetarian Sausage, Baked Beans, Mushroom and Mini Hash Browns
Alternative Main Course	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Peas and Broccoli	Sliced Beans and Sweetcorn	Carrots and Savoy Cabbage	Roasted Mediterranean Vegetables and Broccoli	Garden Peas or Baked Beans
Dessert	Eves Pudding and Custard	Superfood Flapjack	Fruit Jelly and Ice Cream	Banana Muffin or Traybake	Chocolate Crunch Slices