



# 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



Welcome to  
Edwards & Blake  
Spring / Summer Menus 2019

## 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

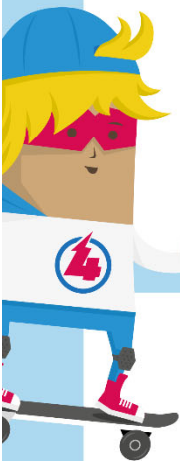
ALL children in Reception, Year 1 and Year 2 are all eligible for a Universal Infant Free School Meal!

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?!



# SPRING/SUMMER MENUS 2019

## HEVINGHAM PRIMARY SCHOOL

**Week One Dates** 22/04/19 – 13/05/19 – 03/06/19 – 24/06/19 – 15/07/19 – 05/08/19 – 26/08/19 – 16/09/19 – 07/10/19

| Primary Menu Week 1         | MONDAY   | TUESDAY                               | WEDNESDAY                             | THURSDAY                                  | FRIDAY                                |
|-----------------------------|--|---------------------------------------|---------------------------------------|---|---------------------------------------|
| Main Meal Option            | Beef Burger in a Bun & Seasoned Potato Wedges  | Cottage Pie                           | Roast Chicken with all the Trimmings  | Homemade Chicken Pie & Mash               | MSC Fish Fingers & Chips              |
| Vegetarian Main Meal Option | Veggie Mince Chilli with Wholegrain Rice   | Cheesy Wholemeal Margherita Pizza (v) | Quorn Roast with all the Trimmings    | Tomato, Vegetable Sausage & Macaroni Bake | Vegetable Enchilada served with Chips |
| Vegetable Selection         | Sweetcorn & Carrots  | Broccoli                              | Cauliflower & Peas                    | Mixed Vegetables                          | Garden Peas & Baked Beans             |
| Jacket Potato Option        | Available Daily Freshly Baked Jacket Potato with your Choice of Toppings:<br>Tuna & Mayonnaise, Grated Cheese, Baked Beans |                                       |                                       |   |                                       |
| Dessert                     | Lemon & Courgette Cake Slice with Custard  | Chocolate Crispy with Sultanas        | Iced Toffee Yoghurt with Banana Slice | Jam Sponge with Custard                   | Ginger Biscuit with Orange Wedge      |

**Week Two Dates** 29/04/19 – 20/05/19 – 10/06/19 – 01/07/19 – 22/07/19 – 12/08/19 – 02/09/19 – 23/09/19 – 14/10/19

| Primary Menu Week 2         | MONDAY   | TUESDAY   | WEDNESDAY                                       | THURSDAY                       | FRIDAY                    |
|-----------------------------|--|---|---|--------------------------------|---------------------------|
| Main Meal Option            | Traditional Sausage & Mash   | Italian Style Chicken served with Wholegrain Rice | Roast Gammon with all the Trimmings             | Savoury Beef & Onion Pie       | MSC Fish Fingers & Chips  |
| Vegetarian Main Meal Option | Pasta Bolognese with Veggie Mince  | Margherita Pizza                                  | Chick Pea & Lentil Roast with all the Trimmings | Tomato & Basil Pasta           | Quorn Fajita & Chips      |
| Vegetable Selection         | Mixed Vegetables   | Broccoli & Garden Peas                            | Savoy Cabbage & Sweetcorn                       | Green Beans & Carrots Mix      | Garden Peas & Baked Beans |
| Jacket Potato Option        | Available Daily Freshly Baked Jacket Potato with your Choice of Toppings:<br>Tuna & Mayonnaise, Grated Cheese, Baked Beans |   |   |                                |                           |
| Dessert                     | Ginger Sponge with Custard   | Frozen Strawberry Yoghurt with Apple Wedge        | Fruity Flapjack with Custard                    | Oaty Biscuit with Fruit Wedges | Chocolate & Beetroot Cake |

**Week Three Dates** 06/05/19 – 27/05/19 – 17/06/19 – 08/07/19 – 29/07/19 – 19/08/19 – 09/09/19 – 30/09/19 – 21/10/19

| Primary Menu Week 3         | MONDAY  | TUESDAY                            | WEDNESDAY                           | THURSDAY                                    | FRIDAY                            |
|-----------------------------|---|------------------------------------|-------------------------------------|---|-----------------------------------|
| Main Meal Option            | British Red Tractor Pork & Beef Meatballs in Tomato Sauce served with Pasta   | Mild Chicken Curry with Brown Rice | Roast Turkey with all the Trimmings | Pasta Bolognese & Garlic Bread              | MSC Fish Fingers & Chips          |
| Vegetarian Main Meal Option | Cheesy Wholemeal Pizza Slice  | Mac 'n' Cheese                     | Quorn Roast with all the Trimmings  | Vegetable Grill with Homemade Potato Wedges | Vegetable Curry & Wholegrain Rice |
| Vegetable Selection         | Garden Peas   | Carrots & Sweetcorn Mix            | Mixed Vegetables                    | Sweetcorn & Pepper Mix                      | Garden Peas & Baked Beans         |
| Jacket Potato Option        | Available Daily Freshly Baked Jacket Potato with your Choice of Toppings:<br>Tuna & Mayonnaise, Grated Cheese, Baked Beans<br>Salmon & Mayonnaise – Friday Only |                                    |                                     |   |                                   |
| Dessert                     | Sticky Toffee Pudding with Custard  | Chocolate Crunch with Custard      | Oaty Biscuit with Banana            | Fresh Carrot Cake with Icing Glaze          | Jelly & Fruit                     |

**Pick and Mix Selection**

**Fresh Bread, Salad Bar, Fresh Fruit and Yoghurts Available Daily**