



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 AUTUMN / WINTER 2020/21 MENUS

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

Hevingham Primary School

Week One Dates 02/11/20 - 23/11/20 - 14/12/20 - 18/01/21 - 08/02/21 - 08/03/21

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Meatballs in Arrabiata Sauce with Pasta	Cheesy Topped Chicken Fillet & Potato Wedges	Roast Turkey with Roast Potatoes, Stuffing	Hunters Chicken Flatbread	Battered Fish & Chips
Vegetarian Main Meal Option	Vegetable Meatballs in Arrabiata Sauce with Pasta	Cheesy Topped Baked Quorn	Quorn Roast with Roast Potatoes, Stuffing	Hunters Vegetable Flatbread	Cheddar Wheels, Chips & Tomato Sauce
Vegetable Selection	Garden Peas Carrots	Broccoli Sweetcorn	Cauliflower Roasted Carrots	Green Beans Carrots	Garden Peas Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese				
Dessert	Lemon Drizzle Cake	Chocolate Crispy Cake	Oaty Biscuit with Fruit Wedges	Fruit Sponge	Flapjack

Week Two Dates 09/11/20 - 30/11/20 - 04/01/21 - 25/01/21 - 22/02/21 - 15/03/21 -

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Chicken Tikka Curry with Brown Rice & Naan Bread	Beef Burrito & Jacket Wedges	Roast Sausages with Roast Potatoes, Yorkshire Pudding	American Style Baked Chicken & Crispy Diced Potatoes	Fish Fingers & Chips
Vegetarian Main Meal Option	Macaroni Cheese with Crispy Croutons	Sweet Chilli Quorn Noodle Stir Fry	Veggie Sausages with Roast Potatoes, Yorkshire Pudding	Tomato & Basil Pasta with Garlic Bread	Vegetable & Bean Grill Chips
Vegetable Selection	Carrots Green Beans	Sweetcorn Broccoli	Peas Carrots	Cauliflower Sweetcorn	Garden Peas Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese				
Dessert	Hot Chocolate Fudge Cake	Banana Traybake	Fruit & Jelly	Ginger Biscuit	Chocolate Cookie

Week Three Dates 16/11/20 - 07/12/20 - 11/01/21 - 01/02/21 - 01/03/21 - 22/03/21 -

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Burger in a Bun with Jacket Wedges	Great British Breakfast – Bacon, Sausage, Beans & Hash Brown	Roast Chicken Breast with Roast Potatoes, Stuffing	Spaghetti Bolognese	Fish Fingers & Chips
Vegetarian Main Meal Option	Quorn Burger with Jacket Wedges	Meat Free All-Day Breakfast – Veggie Sausage, Tomatoes, Beans & Hash Brown	Quorn Roast with Roast Potatoes, Stuffing	Vegetarian Pasta Carbonara & Garlic Bread	Vegetable Nuggets & Chips
Vegetable Selection	Sweetcorn Carrots	Baked Beans Roasted Tomatoes	Cauliflower Garden Peas	Carrots Sweetcorn	Garden Peas Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese				
Dessert	Apple Sponge	Chocolate Brownie	Jelly & Ice Cream	Iced Carrot Cake	Toffee Cream Tart

Packed Lunch Option with Cheese, Ham or Tuna Mayonnaise Filling

Fresh Fruit and Yoghurts Available Daily