



# NOURISH YOUR CHILD'S INNER SUPERHERO!

## Hevingham & Marsham Primary School

### Our Food



Edwards & Blake 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.



We are launching our new Green Earth Monday to further support our continued commitment to corporate social responsibility. From October 2021, we are reducing animal protein on our menus to assist with the worldwide red meat reduction challenges, with Mondays in Primary schools being Vegetarian based. This will have a huge effect in impacting the CO2 saving so we appreciate your support with this.



Rest assured, at the heart of our service is a compliant menu which contains the correct balance of food and nutrients across the weeks to ensure children continue to have all the goodness they need.

### 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 our team of dietitians 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 2021-22

## HEVINGHAM & MARSHAM PRIMARY SCHOOL

**Week One Dates** 01/11, 22/11, 13/12, 03/01, 24/01, 14/02, 07/03, 28/03

Week 1	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Taco with Veggie Chilli, Rice, Mint yoghurt with Jacket Wedges	Classic Pasta Bolognese with Garlic Bread	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Creamy Chicken & Butternut Korma Curry with Mixed Rice	Crispy Fish Cheeseburger with Chips
Vegetarian Main Meal Option	Wholemeal Margherita Pizza Slice with Jacket Wedges	Veggie Mince Spaghetti Bolognese with Garlic Bread	Roast Veggie Balls with Stuffing, Roast Potatoes & Gravy	Sticky Barbecue Vegetables with Noodles	Crispy Veggie Burger with Chips
Vegetable Selection	Green Beans Sweetcorn	Broccoli Roasted Vegetables	Cauliflower Seasonal Greens	Mixed Vegetables	Baked Beans Garden Peas
Jacket Potato Options	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans
Dessert	Orange & Banana Traybake	Apple Flapjack	Tropical Crumble with Pineapple, Mandarin, Peaches & Cream	Watermelon & Shortbread Biscuit	Chocolate Cookie

**Week Two Dates** 08/11, 29/11, 20/12, 10/01, 31/01, 21/02, 14/03, 04/04

Week 2	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Wholemeal Margherita Pizza with Herby Diced Potatoes	Cheesy Ham & Broccoli Spaghetti with Herby Focaccia	Roast Turkey with Yorkshire Pudding, Roast Potatoes & Gravy	Chicken & Sweetcorn Meatball Sub with Arrabiata Sauce & Baked Wedges	Crispy Breaded Fish Fingers & Chips
Vegetarian Main Meal Option	Smoky Spiced Vegetable Stew with Mexican Rice & Homemade Tortilla Chips	Chinese Vegetable Curry with Mixed Rice & Naan	Roast Veggie Balls with Yorkshire Pudding, Roast Potatoes & Gravy	Creamy Baked Macaroni Cheese	Veggie Hot Dog with Onions & Chips
Vegetable Selection	Sweetcorn & Peppers Garden Peas	Green Beans Cauliflower	Carrots Savoy Cabbage	Broccoli Roasted Vegetables	Baked Beans Garden Peas
Jacket Potato Option	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans
Dessert	Oaty Raisin Cookies with Watermelon Slice	Cinnamon Pear Upside Down Cake with Chocolate Drizzle	Jam Tart with Custard	Lemon & Blueberry Yoghurt Cake	Beetroot Brownie

**Week Three Dates** 15/11. 06/12. 27/12. 17/01. 07/02. 28/02. 21/03. 11/04

Week 3	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Veggie Meatballs with a Mediterranean Tomato Sauce & Fluffy Cous Cous	Baked Sausages with Yorkshire Pudding, Mashed Potato & Gravy	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Mild Piri Piri Chicken Bake served with Mixed Rice	Classic Friday Fish & Chips
Vegetarian Main Meal Option	Wholemeal Margherita Pizza with Baby Baked Potatoes	Autumn Vegetable & Wholewheat Tortilla 'Lasagne'	Roast Veggie Balls with Stuffing, Roast Potatoes & Gravy	Tomato, Basil & Courgette Pasta Bake	Mozzarella & Fresh Tomato Melt with Chips
Vegetable Selection	Mixed Vegetables Garden Salad	Green Beans Cauliflower	Garden Peas Carrots	Broccoli Sweetcorn	Baked Beans Garden Peas
Jacket Potato Options	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans
Dessert	Chocolate Shortbread with Apple Smiles	Carrot Cake Cookie	Peach Shortcake Bar with Custard	Pineapple Slices & Flapjack Biscuit	Lemon & Courgette Slice

**Packed Lunch Available**

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