

DID YOU KNOW?



We use red tractor or farm assured meat in our schools.



We use MSC Certified Fish to encourage sustainable fishing practices

Our seasonal fresh vegetables are sourced from local farms wherever possible and we also use fair trade products

DIETARY AND ALLERGEN ADVICE

If your child requires a special diet for medical reasons please contact

SPECIALDIETS@EDWARDSANDWARD.CO.UK

Please note menus subject to change due to unforeseen circumstances



Smile

food that makes you happy

MOSAIC

MENU

AUTUMN/WINTER 2021-22



WEEK 1

01/11/2021, 22/11/2021, 13/12/2021, 17/01/2022,
07/02/2022, 07/03/2022, 28/03/2022

MONDAY

Vegetable Bolognaise with Pasta Twists
or
Singapore Noodles
Peas & Sweetcorn, Cauliflower
Apple & Blackberry Crumble with Custard

TUESDAY

Jamaican Lamb Pie with Parsley Potatoes & Gravy
or
Quorn Korma with Rice
Sliced Carrots, Green Beans
Strawberry Jelly with Peaches

WEDNESDAY

Cajun Chicken with Turmeric Rice
or
Tomato & Basil Pasta Bake
Sweetcorn, Broccoli Florets
Chocolate Fudge Cake

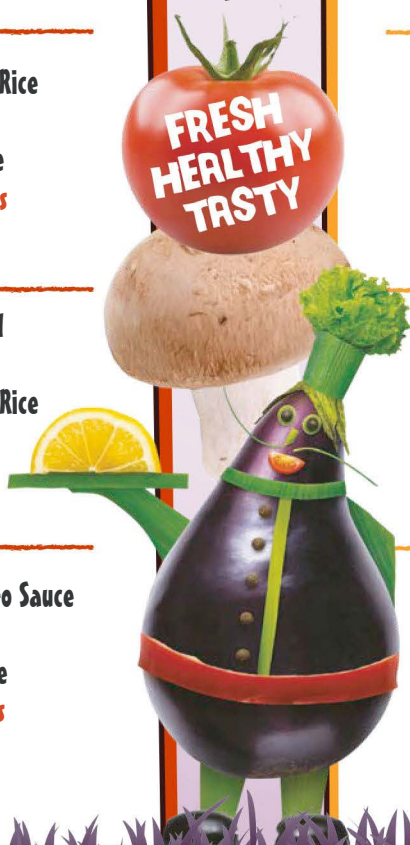
THURSDAY

Lasagne with Garlic Bread
or
Vegetable Bean Burrito with Rice
Medley of Vegetables
Steamed Syrup Sponge
with Custard

FRIDAY

Battered Fish with Chips & Tomato Sauce
or
Cheesy Broccoli Pasta Bake
Baked Beans, Garden Peas
Fruit Salad

V – Vegetarian Ve – Vegan WG – Wholegrains



WEEK 2

08/11/2021, 29/11/2021, 04/01/2022,
24/01/2022, 21/02/2022, 14/03/2022

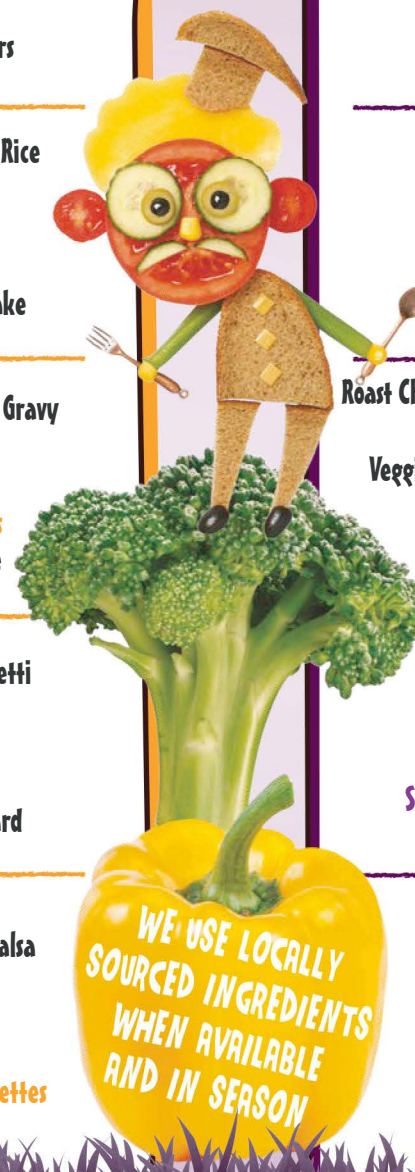
Tomato & Lentil Pasta Bake
or
Veggie Burger with Parsley Potatoes
Medley of Vegetables
Rice Pudding with Sliced Pears

Chicken Madras with Vegetable Rice
or
Shepherdess Pie
Broccoli Florets, Sweetcorn
Orange & Butternut Squash Cake

Roast Beef with Roast Potatoes & Gravy
or
Mac Cheese
Super Greens, Sliced Carrots
Chocolate Beetroot Brownie

Chicken, Tomato & Basil Spaghetti
or
Quorn Paella
Cauliflower, Green Beans
Sticky Ginger Cake with Custard

Homemade Cod Fishcakes
with Jacket Wedges & Tomato Salsa
or
Cheese & Tomato Pizza
with Jacket Wedges
Baked Beans, Oven Baked Courgettes
Fresh Fruit Cocktail



WEEK 3

15/11/2021, 06/12/2021, 10/01/2022, 31/01/2022,
28/02/2022, 21/03/2022

Mediterranean Veggie Pasta
or
Jacket Potato with Veggie Chilli
Green Beans, Shredded Carrots
Vanilla Shortbread Biscuits

Beef Goulash with New Potatoes
or
Vegetable Keema Curry with Rice
Medley of Vegetables
Iced Parsnip Cake

Roast Chicken with Roast Potatoes, Stuffing & Gravy
or
Veggie Sausages with Roast Potatoes & Gravy
Cauliflower Florets, Sliced Carrots
Steamed Chocolate Sponge
with Chocolate Sauce

Jacket Potato
with Beef Bolognaise & Cheese
or
Carrot & Pesto Pasta Bake
Sweetcorn & Peppers, Broccoli Florets
Chocolate Alpro

Salmon Fish Fingers
with Chips & Tomato Sauce
or
Vegetarian Sausage Roll with Chips
Baked Beans, Garden Peas
Fresh Fruit Salad



Smile food that makes you happy

(V) Suitable for Vegetarians

SERVED DAILY – FRESHLY BAKED BREAD, FRESH FRUIT, YOGHURTS AND FRESH DRINKING WATER.