



# 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](mailto:SPECIALDIETS@EDWARDSANDWARD.CO.UK)

Please note menus subject to change due to unforeseen circumstances



DATE Autumn / Winter 2018/19

PAY You!

SUM OF Four Hundred and Twenty Three Pounds



£423.00



**ALL PUPILS IN RECEPTION UP TO YEAR 2 ARE ENTITLED TO A FREE, NUTRITIOUS SCHOOL MEAL AT LUNCHTIME!** Everyone gets Universal Infant

Free School Meals automatically and will benefit by **£423** a year per child.

If your child is in year 3 or above, find out if they could also qualify for a free school meal by contacting the school office.

05 05 50854 7 00 40 155 08439177 05



*Smile*  
food that makes you happy

**FROME SCHOOLS MENU**

AUTUMN/WINTER 2018





# WEEK 1

03/09/2018, 24/09/2018, 15/10/2018, 12/11/2018,  
03/12/2018, 07/01/2019, 28/01/2019

Sausage & Mash with Gravy  
or  
Shepherdess Pie (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Carrots, Garden Peas**  
Strawberry Mousse

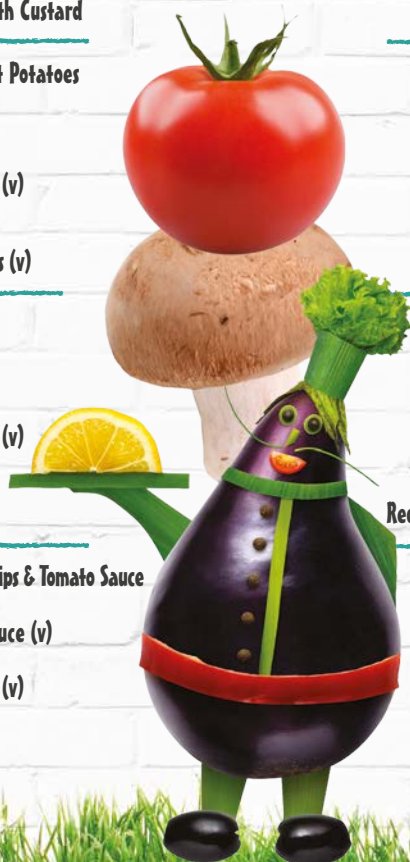
Lasagne with Garlic Bread  
or  
Golden Veggie Rice (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Green Beans, Golden Corn**  
Reduced Sugar Raspberry & Apple Cake with Custard

Roast Chicken with Stuffing, Gravy & Roast Potatoes  
or  
Cheese & Onion Pinwheel (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Broccoli, Carrots**  
Strawberry Jelly & Pineapple Chunks (v)

Cheese & Tomato Pizza (v)  
or  
Vegetable Curry with Rice (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Green Beans, Golden Corn**  
Peach Crumble with Custard

MSC Salmon Fish Fingers or White Fish Fingers with Chips & Tomato Sauce  
or  
Veggie Hot Dog with Chips & Tomato Sauce (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Baked Beans, Garden Peas**  
Arctic Roll

**FRESH  
HEALTHY  
TASTY**



# WEEK 2

10/09/2018, 01/10/2018, 22/10/2018, 19/11/2018,  
10/12/2018, 14/01/2019, 04/02/2019

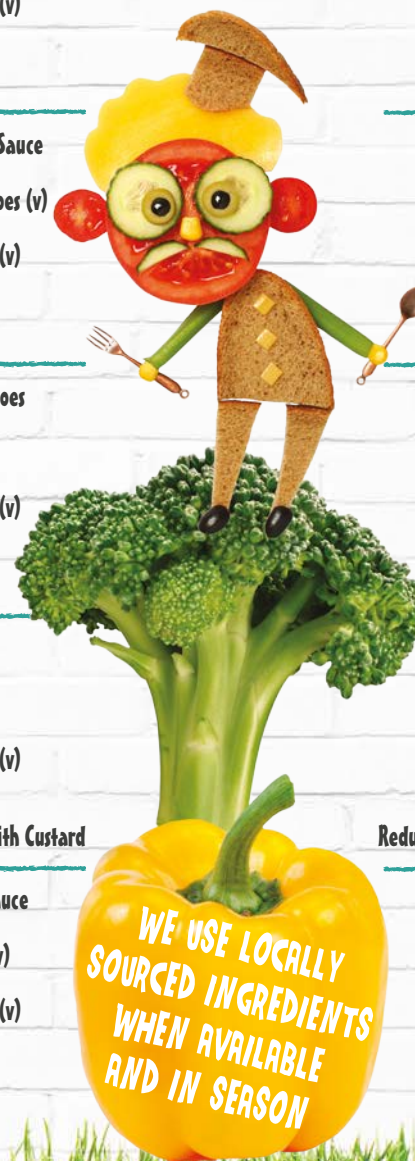
Macaroni Bolognese  
or  
Vegetable Chow Mein (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Golden Corn, Mixed Salad**  
Syrup Sponge with Custard

Hot Dog with Jacket Wedges & Tomato Sauce  
or  
Cheesy Broccoli Quiche with New Potatoes (v)  
or  
Jacket Potato with Choice of Filling (v)  
**BBQ Beans, Super Greens**  
Chocolate & Beetroot Brownie

Roast Beef with Gravy & Roast Potatoes  
or  
Veggie Bolognese with Pasta (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Broccoli, Carrots**  
Orange Jelly & Mandarins (v)

Cottage Pie  
or  
Ratatouille Pasta (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Green Beans, Golden Corn**  
Reduced Sugar Pineapple & Peach Crumble with Custard

Battered Cod with Chips & Tomato Sauce  
or  
Cheese & Tomato Puff with Chips (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Baked Beans, Garden Peas**  
Strawberry Trifle



# WEEK 3

17/09/2018, 08/10/2018, 05/11/2018, 26/11/2018,  
17/12/2018, 21/01/2019, 11/02/2019

Beef Burger with Jacket Wedges & Tomato Sauce  
or  
Eggy Pie (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Garden Peas, Mixed Salad**  
Apple & Pear Crumble with Custard

Spaghetti Bolognese  
or  
Quorn Paella (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Green Beans, Cauliflower**  
Flapjack

Roast Turkey with Gravy & Roast Potatoes  
or  
Mac & Cheese (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Shredded Cabbage, Carrots**  
Strawberry Jelly & Peach Slices (v)

Chicken & Leek Pie with Mash Potato Topping  
or  
All Day Veggie Breakfast (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Broccoli, Baked Beans**  
Reduced Sugar Pineapple & Ginger Sponge with Custard

Breaded Fish with Chips & Tomato Sauce  
or  
2 Cheese French Bread Pizza (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Garden Peas, Golden Corn**  
Vanilla Cookie & Yoghurt



Smile food that makes you happy

(V) Suitable for Vegetarians

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