

DID YOU
KNOW?

This menu has been proudly
awarded the Bronze School
Plate Award by ProVeg
International!

What we eat has a huge
impact on the world around
us. We've made small changes
to create a healthier, more
sustainable menu.

Eating less meat is one of the
biggest ways to help the
environment—and it can still
be super tasty!



FREE SCHOOL
MEALS

All pupils between reception and year 2
are entitled to a free nutritious
school lunch.

Everyone automatically gets Universal
Infant FREE school meals and can
benefit by over £480 per child per year.
If your child is in year 3 or above, find
out if they could still qualify for a
free school meal by contacting the
school office.



SPECIAL DIETS

If your child requires a special diet
for medical reasons,
please check out our website

www.edwardsandward.co.uk

for a full list of FAQs
and to complete our online form.



MENU

AUTUMN/WINTER

2025-26



edwards and ward
a recipe for success

WEEK ONE

MONDAY

Classic Tomato Pasta (Ve) **or**

Rainbow Noodle Bowl (Ve)

Veg of the Day

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

TUESDAY

Homemade Turkey Rounds with Salad & Herbed Potatoes

or Classic Mac & Cheese (V)

Veg of the Day

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

WEDNESDAY

Roast of the Day with Roasties & Gravy **or**
Homestyle Carvery Loaf with Roasties & Gravy (Ve)

Veg of the Day

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

THURSDAY

Traditional Cottage Pie with Root Vegetables
or Creamy Cauliflower & Chickpea Curry with Rice (Ve)

Veg of the Day

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

FRIDAY

MSC Crispy Cod with Jacket Wedges **or**
Cheesy Bean Whirls with Jacket Wedges (V)

Veg of the Day

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

1/9/25, 22/9/25, 13/10/25, 3/11/25, 24/11/25,
15/12/25, 5/1/26, 26/1/26

WEEK TWO

Classic Tomato Pasta (Ve) **or**

Cosy Bean Chilli with Rice (Ve)

Veg of the Day

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

Chicken Souvlaki Pitta with Tzatziki & Wedges
or Pea Falafel Pitta (Ve) with Tzatziki & Wedges (V)

Veg of the Day

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

Roast of the Day with Roasties & Gravy **or**
Butternut Squash Hot Pot with Roasties (Ve)

Veg of the Day

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

Penne with Beef Bolognese
or Golden Topped Cottage Pie (Ve)

Veg of the Day

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

MSC Crispy Cod with Jacket Wedges **or**
Samosa Stack with Jacket Wedges (Ve)

Veg of the Day

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

8/9/25, 29/9/25, 20/10/25, 10/11/25, 1/12/25,
22/12/25, 12/1/26, 2/2/26

WEEK THREE

Classic Tomato Pasta (Ve) **or**

Sweet Potato Korma with Rice (Ve)

Veg of the Day

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

Zesty Chicken with Pea & Spinach Rice
or Penne with Garden Bolognese (Ve)

Veg of the Day

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

Roast of the Day with Roasties & Gravy **or**
Cheese, Leek & Potato Pie with Roasties (V)

Veg of the Day

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

Campfire Turkey Chilli with Rice
or Fiesta Beany Chilli with Rice (Ve)

Veg of the Day

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

MSC Crispy Cod with Jacket Wedges **or**
Crispy Garden Fingers with Jacket Wedges (Ve)

Veg of the Day

Fresh Fruit Salad (Ve) or Natural Yoghurt (V)

15/9/25, 6/10/25, 27/10/25, 17/11/25, 8/12/25,
29/12/25, 19/1/26, 9/2/26

Freshly baked bread (Ve), salad (Ve), and fresh drinking water are also available daily.



V - Vegetarian Ve - Vegan