



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.

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 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 2022-2023

ASHLEIGH PRIMARY SCHOOL

Week One Dates 24/10, 14/11, 05/12, 26/12, 16/01, 06/02, 27/02, 20/03

Week 1	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Cheese & Tomato Pizza Slice with Half Jacket Potato	Chinese Chicken & Noodles	Roast Turkey with Stuffing Roast Potatoes & Gravy	Chicken Burger with Potato Wedges	Fish Fingers & Chips
Vegetarian Main Meal Option	Cheese & Onion Pasty	Macaroni Cheese	Roast Veggie Balls with Roast Potatoes & Gravy	Veggie Chilli with Mixed Rice	Crispy Bean & Veg Bake with Chips
Vegetable Selection	Green Beans Sweetcorn	Garden Peas Carrots	Cauliflower Seasonal Greens	Sweetcorn Mixed Salad	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with a Choice of Tuna Mayonnaise, Grated Cheese, Baked Beans				
Pasta Option	Pasta with Cheese Sauce	Pasta with Tomato Sauce	Pasta with Cheese Sauce	Pasta with Tomato Sauce	Pasta with Cheese Sauce
Dessert	Vanilla Crunch	Ginger Sponge with Custard	Ice Cream & Fruit	Shortbread Finger & Fruit Wedge	Chocolate Crunch

Week Two Dates 31/10, 21/11, 12/12, 02/01, 23/01, 13/02, 06/03, 27/03

Week 2	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Cheese & Tomato Pizza with Jacket Wedges	Pasta Bolognese	Roast Chicken with Stuffing Roast Potatoes & Gravy	Meatballs in Tomato Sauce with Mixed Rice	Fish & Chips
Vegetarian Main Meal Option	Macaroni Cheese	Veggie Burger with Potato Wedges	Roast Veggie Balls with Roast Potatoes & Gravy	Tomato & Basil Pasta	Veggie Sausage with Chips
Vegetable Selection	Sweetcorn Garden Peas	Green Beans Cauliflower	Carrots Savoy Cabbage	Carrots Sweetcorn	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with a Choice of Tuna Mayonnaise, Grated Cheese, Baked Beans				
Pasta Option	Pasta with Tomato Sauce	Pasta with Cheese Sauce	Pasta with Tomato Sauce	Pasta with Cheese Sauce	Pasta with Tomato Sauce
Dessert	Oaty Crunchy Biscuit	Shortbread Finger & Fruit Wedge	Jelly & Mandarins	Jam Sponge & Custard	Chocolate Brownie

Week Three Dates 07/11, 28/11, 19/12, 09/01, 30/01, 20/02, 13/03, 03/04

Week 3	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Cheese & Tomato Pizza Slice with Half Jacket Potatoes	Chicken Pie with Mashed Potato & Gravy	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Sausages with Jacket Potato Wedges	Fish Fingers & Chips
Vegetarian Main Meal Option	Vegetable Korma Curry with Mixed Rice	Macaroni Cheese	Roast Veggie Balls with Stuffing & Gravy	Veggie Mince Pasta Bolognese	Cheesy, Lentil & Onion Pie with Chips
Vegetable Selection	Peas Garden Salad	Carrots Sweetcorn	Winter Greens Cauliflower	Baked Beans Carrots	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with a Choice of Tuna Mayonnaise, Grated Cheese, Baked Beans				
Pasta Option	Pasta with Cheese Sauce	Pasta with Tomato Sauce	Pasta with Cheese Sauce	Pasta with Tomato Sauce	Pasta with Cheese Sauce
Dessert	Hob Nob Cookie with Apple Slices	Jelly & Mandarins	Flapjack Finger	Lemon Drizzle Cake	Frozen Toffee Yoghurt

Pick and Mix Selection

Fresh Bread, Fresh Fruit and Yoghurt Available Daily