



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.

At the heart of our service lies a menu that contains the correct balance of food and nutrients across the week, in order to encourage children to learn, love food, play and grow.

Our lunches include a choice of...

- Meat & vegetarian main courses and accompanying carbohydrates
- 2 vegetable options
- Various salad choices
- Wholemeal or white fresh, crusty baked bread, daily
- A selection of hot and cold desserts
- Chilled water



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 MENUS 2020/2021

Foulsham Primary School

Week One Dates 02/11/20 - 23/11/20 - 14/12/20 - 04/01/21 - 25/01/21 - 15/02/21 - 08/03/21 - 29/03/21

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Sausage, Mash & Gravy	Chicken Casserole & Potatoes	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Beef & Onion Pie with Mash & Gravy	Fish Fingers & Chips
Vegetarian Main Meal	Veggie Mince Bolognese Pasta	Margherita Pizza with Baked Jacket Wedges	Chickpea & Lentil Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Mac n Cheese	Vegetable Curry & Wholegrain Rice
Vegetable Selection	Cauliflower & Mixed Vegetables	Broccoli & Winter Coleslaw	Savoy Cabbage & Sweetcorn	Green Beans & Carrots	Garden Peas & Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with your choice of Cheese, Tuna Mayonnaise or Baked Beans				
Dessert	Ginger Sponge & Custard	Fruity Flapjack	Chocolate Sponge & Chocolate Sauce	Fruit & Jelly	Oaty Biscuit & Fruit Wedges

Week Two Dates 09/11/20 - 30/11/20 - 21/12/20 - 11/01/21 - 01/02/21 - 22/02/21 - 15/03/21

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Meatballs in Tomato Sauce with Pasta	Mild Chicken Curry with Brown Rice & Naan Bread	Roast Pork with Roast Potatoes, Stuffing & Gravy	Pasta Bolognese & Garlic Bread	Fish Fingers with Chips
Vegetarian Main Meal	Wholemeal Pizza Slice with Baked Potato Wedges	Tomato & Basil Pasta	Chickpea & Lentil Roast with Roast Potatoes, Stuffing & Gravy	Veggie Bolognese & Garlic Bread	Vegetable Sausage Fajita with Chips
Vegetable Selection	Garden Peas & Fresh Salad	Carrots & Green Beans	Cauliflower & Mixed Vegetables	Broccoli & Sweetcorn	Garden Peas & Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with your choice of Cheese, Tuna Mayonnaise or Baked Beans				
Dessert	Hot Chocolate Fudge Cake & Custard	Cornflake Tart & Custard	Shortbread Biscuit & Mixed Fruit	Feathered Jam Sponge & Custard	Ginger & Mandarin Muffin

Week Three Dates 16/11/20 - 07/12/20 - 28/12/20 - 18/01/21 - 08/02/21 - 01/03/21 - 22/03/21

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Burger in a Bun with Homemade Wedges	Cottage Pie	Roast Chicken Breast with Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Chicken Pie & Mash	Fish Fingers & Chips
Vegetarian Main Meal	Veggie Mince Chilli with Wholegrain Rice	Cheesy Margherita Pizza	Chickpea & Lentil Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Tomato, Vegetable Sausage & Macaroni Bake	Vegetable Enchilada & Chips
Vegetable Selection	Sweetcorn & Carrots	Broccoli & Fresh Salad	Cauliflower & Garden Peas	Mixed Vegetables & Savoy Cabbage	Garden Peas & Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with your choice of Cheese, Tuna Mayonnaise or Baked Beans				
Dessert	Apple Crumble & Custard	Lemon Slice	Fruit & Jelly	Marble Sponge & Custard	Crunchy Biscuit & Apple Slices

Available Daily
Pick and Mix Selection
Yogurts and Fresh Fruit