



# 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



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?!

## Feedback/Contact

If you would like to comment on our meals or provide feedback on our service, please email [dwallier@edwardsandblake.co.uk](mailto:dwallier@edwardsandblake.co.uk)

## 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.



# AUTUMN MENUS 2019

## MAGDALEN GATES PRIMARY SCHOOL

**Week One Dates** 28/10/19 – 18/11/19 – 09/12/19 – 30/12/19 – 20/01/20 – 10/02/20 – 02/03/20 – 23/03/20

Primary Menu Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Traditional Sausage & Mash with Gravy	Chicken Casserole with New Potatoes	Roast Pork & Roast Potatoes with Yorkshire Pudding	Beef and Onion Pie with Mash and Gravy	Battered Fish & Chips
Vegetarian Main Meal Option	Vegetable Sausage & Mash with Gravy	Cheesy Wholemeal Margherita Pizza (v) with Wedges	Quorn Roast & Yorkshire Pudding & Trimmings	Vegetable Mince and Onion Pie	Vegetable Grill with Tomato Sauce
Cultural Option	Roasted Vegetable Shawarma, Pitta Bread, Marinated Cabbage	Lahmacun-Vegetarian Mince Topped Flatbread	Vegetable Tart with Tomato and Basil Sauce	Mojo Marinated Vegetable Sausage, with Rice and Beans	Vegetable Curry with Wholegrain Rice
Vegetable Selection	Cauliflower and Mixed Vegetables	Broccoli & Winter Coleslaw	Savoy Cabbage & Sweetcorn	Carrots & Green Beans	Garden Peas & Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans				
Pasta Option	Pasta with a Tomato Sauce	Pasta with a Cheese Sauce	Pasta with a Tomato Sauce	Pasta with a Cheese Sauce	
Dessert	Ginger Sponge Cake	Fruity Flapjack with Apple Slices	Chocolate Sponge with Chocolate Sauce	Jam Sponge with Custard	Shortbread and Fruit Wedges

**Week Two Dates** 04/11/19 – 25/11/19 – 16/12/19 – 06/01/20 – 27/01/20 – 17/02/19 – 09/03/20 – 30/03/20

Primary Menu Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Meatballs in Tomato Sauce served with Pasta	Mild Chicken Curry with Brown Rice and Naan Bread	Roast Turkey & Stuffing, Roast Potatoes and Gravy	Pasta Bolognese with Garlic Bread	Fish Fingers & Chips
Vegetarian Main Meal Option	Quorn Meatballs in Tomato Sauce served with Pasta	Butternut & Cauliflower Curry	Quorn Roast & Stuffing with Roast Potatoes and Gravy	Veggie Bolognese with Garlic Bread	Vegetable Sausage Fajita, Served with Chips
Cultural Option	Jerk Cauliflower Steaks, Rice N Peas and Gravy	The Great British Breakfast Sausage, Bacon, Hash Brown & Beans	Chicken Balti with Brown Rice and Naan Bread	Cheddar Quiche with Potato Wedges	Bhaji Burger with Chips
Vegetable Selection	Garden Peas and Seasonal Salad	Carrots and Green Beans	Cauliflower and Mixed Vegetables	Broccoli & Sweetcorn	Garden Peas & Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans				
Pasta Option	Pasta with a Tomato Sauce	Pasta with a Cheese Sauce	Pasta with a Tomato Sauce	Pasta with a Cheese Sauce	
Dessert	Hot Chocolate Fudge Cake	Cornflake Tart with Custard	Shortbread Biscuit & Mixed Fruit	Feathered Jam Sponge & Ice Cream	Ginger and Mandarin Muffin

**Week Three Dates** 11/11/19 – 02/12/19 – 23/12/19 – 13/01/20 – 03/02/20 – 24/02/20 – 16/03/20

Primary Menu Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Burger in a Bun with Home-made Wedges	Chicken Sub Roll with Wedges	Roast Chicken & Yorkshire Pudding with Roast Potatoes and Gravy	BBQ Chicken, Rice and Spring Onion	Fish Fingers & Chips
Vegetarian Main Meal Option	Veggie Burger in a Bun with Home Made Wedges	Cheesy Margherita Pizza with Wedges	Quorn Roast & Yorkshire Pudding with Roast Potatoes and Gravy	Tomato Vegetable Sausage & Macaroni Bake	Vegetable Nuggets and Chips
Cultural Option	Bangers and Mash	Caribbean Veggie Pepper Pot Stew with Dumplings and Rice	Big Breakfast Wrap over	Cheese and Red Onion Pasty	Cheesy Naan Bread Pizza with Spiced Chickpeas and Peppers
Vegetable Selection	Sweetcorn and Carrots	Broccoli & Seasonal Salad	Cauliflower and Garden Peas	Mixed Vegetables & Savoy Cabbage	Garden Peas & Baked Beans

<b>Jacket Potato Option</b>	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans Salmon & Mayonnaise Available Friday				
<b>Pasta Option</b>	Pasta with a Tomato Sauce	Pasta with a Cheese Sauce	Pasta with a Tomato Sauce	Pasta with a Cheese Sauce	
<b>Dessert</b>	Apple Crumble with Custard	Lemon Slice Cake	Chocolate Crunch	Marble Sponge Cake	Crunchy Biscuit with Apple Slices

**Packed Lunch Option,  
Fresh Bread, Salad Bar, Fresh Fruit and Yoghurts Available Daily**