



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



WELCOME TO EDWARDS & BLAKE AUTUMN / WINTER 2020/21 MENUS

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

Little Plumstead C of E Primary School

Week One Dates 02/11/20 - 23/11/20 - 14/12/20 - 18/01/21 - 08/02/21 - 08/03/21

| Week 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|---|--|--|-----------------------------|--------------------------------------|
| Main Meal Option | Beef Meatballs in Arrabiata Sauce with Pasta | Cheesy Topped Chicken Fillet & Potato Wedges | Roast Turkey with Roast Potatoes, Stuffing | Hunters Chicken Flatbread | Battered Fish & Chips |
| Vegetarian Main Meal Option | Vegetable Meatballs in Arrabiata Sauce with Pasta | Cheesy Topped Baked Quorn | Quorn Roast with Roast Potatoes, Stuffing | Hunters Vegetable Flatbread | Cheddar Wheels, Chips & Tomato Sauce |
| Vegetable Selection | Garden Peas Carrots | Broccoli Sweetcorn | Cauliflower Roasted Carrots | Green Beans Carrots | Garden Peas Baked Beans |
| Jacket Potato Option | Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese | | | | |
| Dessert | Lemon Drizzle Cake | Chocolate Crispy Cake | Oaty Biscuit with Fruit Wedges | Fruit Sponge | Flapjack |

Week Two Dates 09/11/20 - 30/11/20 - 04/01/21 - 25/01/21 - 22/02/21 - 15/03/21 -

| Week 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|---|------------------------------------|--|--|------------------------------|
| Main Meal Option | Chicken Tikka Curry with Brown Rice & Naan Bread | Beef Burrito & Jacket Wedges | Roast Sausages with Roast Potatoes, Yorkshire Pudding | American Style Baked Chicken & Crispy Diced Potatoes | Fish Fingers & Chips |
| Vegetarian Main Meal Option | Macaroni Cheese with Crispy Croutons | Sweet Chilli Quorn Noodle Stir Fry | Veggie Sausages with Roast Potatoes, Yorkshire Pudding | Tomato & Basil Pasta with Garlic Bread | Vegetable & Bean Grill Chips |
| Vegetable Selection | Carrots Green Beans | Sweetcorn Broccoli | Peas Carrots | Cauliflower Sweetcorn | Garden Peas Baked Beans |
| Jacket Potato Option | Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese | | | | |
| Dessert | Hot Chocolate Fudge Cake | Banana Traybake | Fruit & Jelly | Ginger Biscuit | Chocolate Cookie |

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

| Week 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|---|--|--|---|----------------------------|
| Main Meal Option | Beef Burger in a Bun with Jacket Wedges | Great British Breakfast – Bacon, Sausage, Beans & Hash Brown | Roast Chicken Breast with Roast Potatoes, Stuffing | Spaghetti Bolognese | Fish Fingers & Chips |
| Vegetarian Main Meal Option | Quorn Burger with Jacket Wedges | Meat Free All-Day Breakfast – Veggie Sausage, Tomatoes, Beans & Hash Brown | Quorn Roast with Roast Potatoes, Stuffing | Vegetarian Pasta Carbonara & Garlic Bread | Vegetable Nuggets & Chips |
| Vegetable Selection | Sweetcorn Carrots | Baked Beans Roasted Tomatoes | Cauliflower Garden Peas | Carrots Sweetcorn | Garden Peas Baked Beans |
| Jacket Potato Option | Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese | | | | |
| Dessert | Apple Sponge | Chocolate Brownie | Jelly & Ice Cream | Iced Carrot Cake | Toffee Cream Tart |

Packed Lunch Option with Cheese, Ham or Tuna Mayonnaise Filling

Fresh Fruit and Yoghurts Available Daily