



edwards and ward
a recipe for success

Edwards & Ward are delighted to provide fresh, nutritious and healthy lunches to the pupils at your school. We are an award winning caterer specialising in education and we have built our reputation on fresh food prepared on site by staff who care about what they do.



look out
for special
theme days



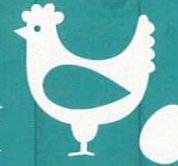
Our seasonal fresh vegetables are sourced from local farms wherever possible and we also use fair trade products

Did you know that we only use organic, red tractor or farm assured meat in all our schools.



We also serve your children organic vegetables.

We only use the freshest free range eggs.



Edwards and Ward ensures that all of our menus stick to the current School Food Standards.

All of our fish is MSC Certified to encourage sustainable fishing practices.



Dietary and Allergen advice

If your child has been advised by their GP or Health Care Professional to either follow a special diet or to avoid certain foods containing any of the "identified" allergens as per Food Information for Consumers Regs. 2014, then please contact your Childs school and our Special Diet and Allergen help line on

01934 615616

Contact Us

We will be delighted to hear from you,
wandsworth@edwardsandward.co.uk
www.edwardsandward.co.uk



Smile

food that makes you happy

AUTUMN/WINTER 2016

**MENU
2016
WANDSWORTH
PRIMARY**



In Partnership with Wandsworth Borough Council

Week 1

05.09.2016, 26.09.2016, 17.10.2016, 14.11.2016,
05.12.2016, 03.01.2017, 23.01.2017



MONDAY

Beef Ragu
Or
Caribbean Fish
Or
Sweet Tomato Pasta Bake

Spaghetti, Brown and White Rice, Green Beans
& Fresh Cauliflower

Apple and Rhubarb Crumble with Custard

TUESDAY

Chicken Madras and Onion Salad
Or
Stir Fry Quorn
Or
Cheese and Leek Pasty

Steamed Rice, Egg Noodles, Broccoli
& Roots and Shoots Salad Bar

Pineapple Upside Down Cake with Custard

WEDNESDAY

Roast Beef with Gravy
Or
Cod Florentine
Or
Vegetable Masala

Roast Potatoes, Steamed Rice, Savoy Cabbage
& Sliced Carrots

Peach and Vanilla Bread Pudding with Custard

THURSDAY

Honey and Lemon Chicken
Or
Trawlerman's Pie
Or
Vegetable Bolognaise

Turmeric Rice, Spaghetti Pasta, Corn with Peppers
& Baked Courgettes

Sticky Ginger Cake with Custard

FRIDAY

Spicy Lamb Samosas with Mint Yoghurt
Or
Soy and Ginger Fish
Or
Cheese and Tomato Pizza

Oven Baked Wedges, Herby Cous Cous, Garden Peas
& Baked Beans

Chocolate Cookie and Strawberry Yoghurt

FRESH
HEALTHY
TASTY



Week 2

12.09.2016, 03.10.2016, 31.10.2016, 21.11.2016,
12.12.2016, 09.01.2017, 30.01.2017



MONDAY

Braised Beef Goulash with Sour Cream
Or
Shepherdess Pie
Or
Tomato and Lentil Pasta

New Potatoes, Steamed Rice, Broccoli Florets
& Sweetcorn

Rice Pudding with Plums

TUESDAY

Thai Chicken Curry with Pineapple
Or
Smoked Mackerel Fishcakes with Tomato Sauce
Or
Macaroni Cheese

Fragrant Rice, Tomato Bread, Cauliflower Florets
& Sliced Carrots

Fruity Crunch Cake with Custard

WEDNESDAY

Cottage Pie
Or
Mixed Bean and Vegetable Quesadilla
Or
Singapore Noodles with Quorn

Creamed Potatoes, New Potatoes, Winter Roast
Vegetables & Green Beans

Orange and Butternut Squash Cake

THURSDAY

Jerk Chicken
Or
Tuna Pasta Bake
Or
Butter Squash and Beetroot Tart

Mexican Rice, Parsley Potatoes, Peas and Corn
& Roots and Shoots Salad Bar

Strawberry Jelly with Fruit Salad

FRIDAY

MSC Battered Pollock
Or
Lentil Burger in a Bun with Corn Relish
Or
Sweet Potato and Plantain Curry

Chips, Brown and White Rice, Garden Peas
& Baked Beans

Chocolate Brownie



We use locally
sourced ingredients
when available
and in season

Week 3

19.09.2016, 10.10.2016, 07.11.2016, 28.11.2016,
19.12.2016, 16.01.2017, 06.02.2017

MONDAY

Spicy Chicken with Vegetable Ragu
Or
Hake with Tomato and Basil Sauce
Or
Vegetable Pasta Bake

Turmeric Rice, New Potatoes, Garden Peas
& Cauliflower

Eve's Pudding with Custard

TUESDAY

Beef Lasagne
Or
Vegetable Stroganoff
Or
Sweet Potato and Spinach Whirl

New Potatoes, Garlic Bread, Peas and Corn
& Roots and Shoots Salad Bar

Banana Toffee Sponge with Custard

WEDNESDAY

Roast Chicken, Stuffing and Gravy
Or
Thai Fish Cakes and Chilli Sauce
Or
Quorn Korma

Roast Potatoes, Brown and White Rice, Broccoli
& Sliced Carrots

Pear and Blackberry Crumble with Custard

THURSDAY

Minced Lamb Puff Pie
Or
Salmon Paella
Or
Falafel Wrap

Parsley Potatoes, Creamed Potatoes,
Green Beans & Sweetcorn

Lemon Polenta Cake with Lemon Icing

FRIDAY

MSC Battered Pollock
Or
Spinach and Tomato Cannelloni
Or
Chick Pea Dhal

Chips, Steamed Rice, Baked Beans
& Baked Courgettes

Chocolate Flapjack



Suitable for Vegetarians



Served daily - freshly baked bread, freshly chopped salad bar,
freshly sliced fruit, yoghurts and drinking water

Smile food that makes you happy