



**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](mailto:wandsworth@edwardsandward.co.uk)  
[www.edwardsandward.co.uk](http://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

MONDAY

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

TUESDAY

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

WEDNESDAY

THURSDAY

Honey and Lemon Chicken  
Or  
Trawlerman's Pie  
Or  
Vegetable Bolognese   
Turmeric Rice, Spaghetti Pasta, Corn with Peppers  
& Baked Courgettes  
Sticky Ginger Cake with Custard

THURSDAY

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

FRIDAY

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

