



# 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



## Feedback/Contact

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

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?!



# Spring/Summer MENU 2021

## HILLSIDE PRIMARY SCHOOL

### Week One. – 06/09/21 – 27/09/21-18/10/21

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Sausages Creamed Potatoes Gravy	Margherita Pizza Half Baked Jacket Potato & Winter Coleslaw	Roast Gammon Roast Potatoes Yorkshire Puddings & Gravy	Pasta Bolognese & Garlic Bread	Battered Fish & Chips
Vegetarian Main Meal Option	Veggie Sausages Creamed Potatoes Gravy	Margherita Pizza Half Baked Jacket Potato & Winter Coleslaw	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Veggie Bolognese & Garlic Bread	Veggie Grill & Chips
Vegetable Selection	Cauliflower & Mixed Vegetables	Broccoli & Carrots	Savoy Cabbage & Sweetcorn	Green Beans & Carrots	Garden Peas & Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese , Baked Beans	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans
Dessert	Ginger Sponge	Fruity Flapjack	Chocolate Sponge	Jam Sponge	Shortbread

### Week Two Dates – 13/09/21 – 04/10/21

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Meatballs in a Tomato Sauce with Pasta	Mild Chicken Curry with Rice and Naan Bread	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Beef & onion Pie with Creamed Potatoes and Gravy	Fish Fingers with Chips
Vegetarian Main Meal Option	Wholemeal Pizza with Baked Potato wedges & Fresh Salad	Tomato & Basil Pasta	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Mac n Cheese	Vegetable Sausage with Chips
Vegetable Selection	Garden Peas & Fresh Salad	Baked Beans & Half Baked Tomato	Cauliflower & Mixed Vegetables	Broccoli & Sweetcorn	Garden Peas & Baked Beans
Jacket Potato Option	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans
Dessert	Chocolate Muffin	Chocolate Crunch	Shortbread Biscuit	Feathered Jam Sponge	Ginger Muffin

### Week Three Dates – 20/09/21 – 11/10/21

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Burger in a Bun with Jacket wedges	Cottage Pie	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Chicken Pie with Creamed Potatoes	Fish Fingers & Chips
Vegetarian Main Meal Option	Veggie Burger in a Bun with Jacket wedges	Cheesy Margarita Pizza with half Baked Jacket Potato & Salad	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Tomato, Vegetable Sausage & Macaroni Bake	Vegetable Nuggets & Chips
Vegetable Selection	Sweetcorn & Carrots	Broccoli & Green Cabbage	Cauliflower & Garden Peas	Mixed Vegetables	Garden Peas & Baked Beans
Jacket Potato & Pasta Options	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Freshly Baked Jacket Potatoes with Tuna Mayonnaise , Grated Cheese , Baked Beans	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans	Freshly Baked Jacket Potatoes with Tuna Mayonnaise , Grated Cheese , Baked Beans	Freshly Baked Jacket Potato with Tuna Mayonnaise, Grated Cheese, Baked Beans
Dessert	Vanilla Muffin	Lemon Slice	Chocolate Crunch	Marble Sponge	Crunchy Biscuit

**Packed Lunches Available**

**Fruit and Yoghurts Available Daily**