DID YOU KNOW?

We use red tractor or Farm assured meat in our schools.

We use MSC Certified Fish to encourage sustainable fishing practices

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

DIETARY AND ALLERGEN ADVICE

If your child requires a special diet for medical reasons please contact

SPECIALDIETS@EDWARDSANDWARD.CO.UK

Please note menus subject to change due to unforeseen circumstances



DATE Autumn Winter 2019

PAY You!

SUM OF Four Hundred and Thirty Seven Pounds

edwards and ward
a recipe for success

£437.00

&smile

ALL PUPILS IN RECEPTION UP TO YEAR 2 ARE ENTITLED TO A FREE, NUTRITIOUS SCHOOL MEAL AT LUNCHTIME! Everyone gets Universal Infant Free School Meals automatically and will benefit by **£437** a year per child.

If your child is in year 3 or above, find out if they could also qualify for a free school meal by contacting the school office.

⑈ 508547 ⑈ 40⑆01551: 08439172⑈ 05



food that makes you happy

COURTNEY PRIMARY SCHOOL MENU

Autumn Winter 2019



FRESH HEALTHY TASTY

	WEEK 1 02/09/19, 23/09/19, 14/10/19, 11/11/19, 02/12/19, 06/01/20, 27/01/20, 24/02/20, 16/03/20	WEEK 2 09/09/19, 30/09/19, 21/10/19, 18/11/19, 09/12/19, 13/01/20, 03/02/20, 02/03/20, 23/03/20	WEEK 3 16/09/19, 07/10/19, 04/11/19, 25/11/19, 16/12/19, 20/01/20, 10/02/20, 09/03/20, 30/03/20
MONDAY	Sausages & Mash with Gravy or Honey & Ginger Vegetable Stir Fry with Rice (v) or Jacket Potato with Choice of Filling (v) Rainbow Vegetables, Sweet Corn Cherry Swirl Sponge with Custard	Arabiatta Chicken Meatballs & Penne Pasta or Cheesy Broccoli Quiche with New Potatoes (v) or Jacket Potato with Choice of Filling (v) Green Beans, Mixed Salad Cherry & Apple Crumble with Custard	Hot Dog with Jacket Wedges & Tomato Sauce or Vegetable Chow Mein (V) or Jacket Potato with Choice of Filling (v) Sweet Corn, BBQ Beans Flapjack
TUESDAY	Spaghetti Beef Bolognaise with Garlic Bread or Carrot & Pesto Bake with Homemade Bread (v) or Jacket Potato with Choice of Filling (v) Green Beans, Mixed Salad Raspberry Oat Slice	Savoury Minced Beef & New Potatoes or All Day Veggie Breakfast (v) or Jacket Potato with Choice of Filling (v) Shredded Cabbage, Rainbow Vegetables Vanilla Ice Cream	Rainbow Vegetable & Chicken Stir Fry or Cauliflower Cheese & New Potatoes (v) or Jacket Potato with Choice of Filling (v) Green Beans, Shredded Cabbage Australian Crunch
WEDNESDAY	Roast Chicken with Stuffing, Gravy & Roast Potatoes or Veggie Sausages with Gravy & Roast Potatoes (v) or Jacket Potato with Choice of Filling (v) Shredded Cabbage, Carrots Apple Crumble with Custard	Roast Turkey with Stuffing, Gravy & Roast Potatoes or Quorn Fillet with Stuffing, Gravy & Roast Potatoes (v) or Jacket Potato with Choice of Filling (v) Broccoli, Carrots Citrus Squares	Roast Gammon with Gravy and Roast Potatoes or Veggie Sausages with Gravy & Roast Potatoes (v) or Jacket Potato with Choice of Filling (v) Broccoli, Carrots Tropical Crumble & Custard
THURSDAY	Minced Beef & Onion Pie with Mash Potatoes or Mac & Cheese with Garlic Bread (v) or Jacket Potato with Choice of Filling (v) Mixed Salad, Sweet Corn Caramel Krispie Cake	Beef Burger with Jacket Wedges & Tomato Sauce or Veggie Bolognaise with Pasta & Garlic Bread (v) or Jacket Potato with Choice of Filling (v) Sweetcorn & Peppers, Green Beans Peach Melba Sponge with Custard	2 Cheese Baguette Pizza & Potato Wedges (v) or Veggie Chilli & Rice (v) or Jacket Potato with Choice of Filling (v) Sweetcorn, Mixed Salad Strawberry Jelly with Pineapple Chunks (v)
FRIDAY	Salmon Fish Fingers or Fish Fingers with Chips & Tomato Sauce or Quorn Tikka Pizza with Chips (v) or Jacket Potato with Choice of Filling (v) Baked Beans, Garden Peas Strawberry Jelly & Peach Slices (v)	Bubble Crumb Fish & Chips with Tomato Sauce or Tomato & Basil Pasta Bake & Chips (v) or Jacket Potato with Choice of Filling (v) Baked Beans, Garden Peas Carrot Cookie	Battered Cod with Chips & Tomato Sauce or Tomato & Vegetable Ragu with Garlic Bread (v) or Jacket Potato with Choice of Filling (v) Baked Beans, Garden Peas Lime Shortbread



Smile food that makes you happy

(V) Suitable for Vegetarians

SERVED DAILY – FRESHLY BAKED BREAD, FRESH FRUIT, YOGHURTS AND FRESH DRINKING WATER.