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 Spring/Summer 2019

edwards and ward
a recipe for success

£437.00

Smile

PAY You!

SUM OF Four Hundred and Thirty Seven Pounds

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.

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Smile

food that makes you happy

CHICHESTER FREE SCHOOL MENU

SPRING/SUMMER 2019

FRESH HEALTHY TASTY

	WEEK 1 25/2/19, 18/3/19, 22/4/19, 13/5/19, 10/6/19, 1/7/19, 22/7/19, 16/9/19, 7/10/19	WEEK 2 4/3/19, 25/3/19, 29/4/19, 20/5/19, 17/6/19, 8/7/19, 2/9/19, 23/9/19, 14/10/19	WEEK 3 11/3/19, 1/4/19, 6/5/19, 3/6/19, 24/6/19, 15/7/19, 9/9/19, 30/9/19, 21/10/19
MONDAY	Cheese & Tomato Pizza & Potato Wedges (v) or Vegetable Curry with Rice (v) or Jacket Potato with Choice of Filling (v) Golden Corn, Roasted Courgettes Chocolate Sponge & Chocolate Custard	Vegetarian Sausage & Mash (v) or Mac & Cheese (v) or Jacket Potato with Choice of Filling (v) Golden Corn & Peppers, Green Beans Caramel Krispie Cake	Cauliflower Cheese & New Potatoes (v) or Veggie Bolognaise with Pasta (v) or Jacket Potato with Choice of Filling (v) Super Greens, Carrots Apple Crumble & Custard
TUESDAY	Beef Bolognaise with Pasta or Shepherdess Pie (v) or Jacket Potato with Choice of Filling (v) Rainbow Vegetables, Cauliflower Carrot Cake	Rainbow Vegetable Chicken Stir Fry or Veggie Chilli with Rice (v) or Jacket Potato with Choice of Filling (v) Peas, Broccoli Pineapple Upside Down Cake & Custard	Chicken Curry with Rice or 2 Cheese French Bread Pizza (v) or Jacket Potato with Choice of Filling (v) Broccoli, Mixed Salad Chilled Chocolate Custard with Pears
WEDNESDAY	Chicken Meatballs, Mash & Gravy or All Day Veggie Breakfast (v) or Jacket Potato with Choice of Filling (v) BBQ Baked Beans, Green Beans Rhubarb Oaty Crumble & Custard	Beef Burger with Potato Wedges & Tomato Sauce or Veggie Lasagne & Garlic Bread (v) or Jacket Potato with Choice of Filling (v) Mixed Salad, Rainbow Vegetables Flapjack	Beef & Onion Pie, Mash & Gravy or Veggie Burrito (v) or Jacket Potato with Choice of Filling (v) Golden Corn, Green Beans Rice Pudding & Jam Sauce
THURSDAY	Roast Beef with Gravy & Roast Potatoes or Tomato & Basil Pasta Bake (v) or Jacket Potato with Choice of Filling (v) Broccoli, Carrots Australian Crunch	Roast Chicken with Stuffing, Gravy & Roast Potatoes or Cheese & Spring Onion Quiche with New Potatoes (v) or Jacket Potato with Choice of Filling (v) Carrots, Cauliflower Lemon Drizzle Cake	Roast Chicken with Stuffing, Gravy & Roast Potatoes or Veggie Sausages with Gravy & Roast Potatoes (v) or Jacket Potato with Choice of Filling (v) Carrots, Shredded Cabbage Chocolate Sponge & Chocolate Custard
FRIDAY	MSC Salmon Fingers or White Fish Fingers with Chips & Tomato Sauce or Cheese & Onion Pinwheel with Chips (v) or Tomato Soup & Cheese Baguette (v) Baked Beans, Peas Strawberry Jelly & Pineapple Chunks (v)	Battered Cod with Chips & Tomato Sauce or Veggie Hot Dog with Chips & Tomato Sauce (v) or Tomato Soup & Cheese Baguette (v) Baked Beans, Peas Strawberry Jelly & Peach Slices (v)	Breaded Fish with Chips & Tomato Sauce or Cheese & Tomato Puff with Chips (v) or Tomato Soup & Cheese Baguette (v) Baked Beans, Peas Lemon Curd Shortbread

Smile food that makes you happy

(V) Suitable for Vegetarians

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