



**edwards and ward**  
a recipe for success

WEEK ONE

WEEK TWO

WEEK THREE

**MONDAY**

Sausage & Mash  
or  
Shepherdess Pie (v)  
**Shredded Savoy, Cabbage, Peas**  
Carrot Cake

Beef Burger with Jacket Wedges  
or  
Cheese & Onion Pinwheel (v)  
**BBQ Beans, Mixed Salad**  
Lemon Drizzle Cake

Cottage Pie  
or  
Veggie Sausages with  
Gravy & Mash (v)  
**Peas, Carrots**  
Apple Sponge with Custard

**TUESDAY**

Sweet & Sour Chicken & Rice  
or  
Vegetable Chow Mein  
with Spring Roll (v)  
**Golden Corn, Oriental Mixed Veg**  
Mandarin Cheese Cake

Singapore Noodles with Chicken  
or  
Sweet Potato & Lentil Curry  
with Rice (v)  
**Golden Corn, Roasted Courgettes**  
Iced Shortbread

Chicken Korma with Rice  
or  
Chick Pea, Vegetable & Noodle  
Stir Fry (v)  
**Green Beans, Cauliflower**  
Jam Swiss Roll

**WEDNESDAY**

Roast Turkey with Stuffing,  
Gravy & Roast Potatoes  
or  
Mac & Cheese (v)  
**Broccoli, Honey Roast Parsnips**  
Apple Crumble with Custard

Roast Chicken with Stuffing, Gravy &  
Roast Potatoes  
or  
Roast Quorn Fillet with Stuffing, Gravy &  
Roast Potatoes (v)  
**Carrots, Savoy Cabbage**  
Caramelised Apple Crumble & Custard

Roast Chicken with Stuffing,  
Gravy & Roast Potatoes  
or  
Broccoli & Pasta Bake (v)  
**Peas, Carrot Batons**  
Australian Cake

**THURSDAY**

Szechuan Beef with Noodles  
or  
Mediterranean Stromboli (v)  
**Italian Salad, Green Beans**  
Chocolate & Beetroot Brownies

Spaghetti Beef Bolognese  
or  
Vegetable Bolognese  
with Pasta (v)  
**Super Greens**  
Courgette & Lime Cake

Beef Lasagne with Garlic Bread  
or  
Cheesy Potato Omelette (v)  
**Mixed Salad, Green Beans**  
PasSion Cake

**FRIDAY**

Breaded Fish & Chips  
or  
Veggie Hot Dog & Chips (v)  
**Peas, Beans**  
Iced Bun

Fish Finger Sandwich & Chips  
or  
Cheese & Onion Pasty with Chips (v)  
**Peas, Beans**  
Caramel Krispie Cake

Battered Cod with Chips  
or  
Veggie Cheese Burger  
with Chips (v)  
**Peas, Beans**  
Apple Flapjack