



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



Welcome to Edwards & Blake

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 MENUS 2019

MELTON PRIMARY SCHOOL

Week One Dates 22/04/19 – 13/05/19 – 03/06/19 – 24/06/19 – 15/07/19 – 05/08/19 – 26/08/19 – 16/09/19 – 07/10/19

Primary Menu Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Burger in a Bun & Homemade Wedges	Cheese & Ham Wholemeal Margherita Pizza & Half Jacket Potato	Roast Pork with Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Chicken Pie & New Potatoes	Fish Fingers & Chips
Vegetarian Main Meal Option	Veggie Mince Chilli with Wholegrain Rice	Cheesy Wholemeal Margherita Pizza (v) & Half Jacket Potato	Chick Pea & Lentil Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Tomato, Vegetable Sausage & Macaroni Bake	Vegetable Enchilada served with Chips
Vegetable Selection	Sweetcorn Mixed Salad	Broccoli Green Beans Mixed Salad	Cauliflower Peas	Carrots Mixed Vegetables	Garden Peas Baked Beans Mixed Salad
Dessert	Lemon Courgette Cake Slice with Custard	Chocolate Crispy with Sultanas	Iced Toffee Yoghurt with Banana Slice	Jam Sponge with Custard	Ginger Biscuit with Orange Slices

Week Two Dates 29/04/19 – 20/05/19 – 10/06/19 – 01/07/19 – 22/07/19 – 12/08/19 – 02/09/19 – 23/09/19 – 14/10/19

Primary Menu Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Traditional Sausage & Mash	Italian Style Chicken served with Wholegrain Rice	Roast Chicken with Roast Potatoes, Stuffing & Gravy	Savoury Beef & Onion Pie with Mash	Battered Fish Fillet & Chips
Vegetarian Main Meal Option	Pasta Bolognese with Veggie Mince	Italian Style Vegetables served with Wholegrain Rice	Chick Pea & Lentil Roast with Roast Potatoes, Stuffing & Gravy	Tomato & Basil Pasta	Quorn Fajita & Chips
Vegetable Selection	Carrots Mixed Vegetables	Broccoli Garden Peas	Savoy Cabbage Sweetcorn	Green Beans Carrots	Garden Peas Baked Beans Mixed Salad
Dessert	Ginger Sponge with Custard	Frozen Strawberry Yoghurt with Apple Slices	Fruity Flapjack	Oaty Biscuit with Fruit Wedges	Chocolate & Beetroot Muffin

Week Three Dates 06/05/19 – 27/05/19 – 17/06/19 – 08/07/19 – 29/07/19 – 19/08/19 – 09/09/19 – 30/09/19 – 21/10/19

Primary Menu Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	British Red Tractor Meatballs in Tomato Sauce served with Pasta	Mild Chicken Curry with Brown Rice	Roast Turkey with Roast Potatoes, Yorkshire Pudding & Gravy	Pasta Bolognese & Garlic Bread	Fish Fingers & Chips
Vegetarian Main Meal Option	Cheesy Wholemeal Pizza Slice & Half Jacket Potato	Mac 'n' Cheese	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	British Cheddar Quiche With Homemade Potato Wedges	Vegetable Curry & Wholegrain Rice
Vegetable Selection	Garden Peas Mixed Salad	Carrots Sweetcorn	Spring Cabbage Mixed Vegetables	Cauliflower Sliced Green Beans Mixed Salad	Garden Peas Baked Beans Mixed Salad
Dessert	Sticky Toffee Pudding with Custard	Chocolate Crunch with Custard	Oaty Biscuit with Banana	Fresh Carrot Cake with Icing Glaze	Jelly & Fruit

**Available Daily
Fresh Bread**