



NOURISH YOUR CHILD'S INNER SUPERHERO!

Aslacton Primary School

Our Food



Edwards & Blake 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.



We are launching our new Green Earth Monday to further support our continued commitment to corporate social responsibility. From October 2021, we are reducing animal protein on our menus to assist with the worldwide red meat reduction challenges, with Mondays in Primary schools being Vegetarian based. This will have a huge effect in impacting the CO2 saving so we appreciate your support with this.



Rest assured, at the heart of our service is a compliant menu which contains the correct balance of food and nutrients across the weeks to ensure children continue to have all the goodness they need.

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 our team of dietitians 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

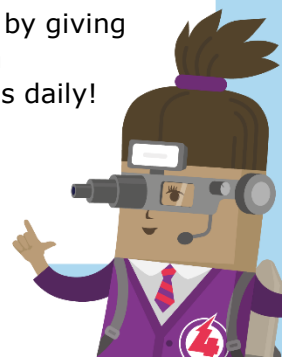
All children in Reception, Year 1 and Year 2 are all eligible for a Universal Infant Free School Meal!

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?!



Autumn Winter 2022-23

Aslacton Primary School

Week One Dates 24/10, 14/11, 05/12, 26/12, 16/01, 06/02, 27/02, 20/03

Week 1	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Cheese & Tomato Pizza Slice & Half Jacket Potato	Chinese Chicken, Vegetables & Noodles	Roast breast of Chicken, Roast Potatoes & Gravy	Chicken Pie & Mashed Potato	Fish Fingers & Chips
Vegetarian Main Meal Option	Loaded Wedges with Cheese or Beans	Cheese & Onion Pastry Roll & Potato Wedges	Roast Veggie Balls, Roast Potatoes & Gravy	Veggie Chilli & Mixed Rice	Macaroni Cheese
Vegetable Selection	Green Beans Baked Beans	Garden Peas Carrots	Cauliflower Seasonal Greens	Sweetcorn Carrots, Mixed Salad	Baked Beans Garden Peas
Jacket Potato Options	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Dessert	Vanilla Crunch	Chocolate Sponge & Chocolate Sauce	Ice Cream & Banana	Shortbread Finger & Fruit Wedges	Chocolate Crunch

Week Two Dates 31/10, 21/11, 12/12, 02/01, 23/01, 13/02, 06/03, 27/03

Week 2	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Cheese & Tomato Pizza Slice & Jacket Wedges	Turkey Pasta Bolognese	Roast breast of chicken, Roast Potatoes & Gravy	Chicken Meatballs, Tomato Sauce & Mixed Rice	Fish Fingers & Chips
Vegetarian Main Meal Option	Loaded Wedges with Cheese or Beans	Macaroni Cheese	Roast Veggie Balls, Roast Potatoes & Gravy	Veggie Burger & Potato Wedges	Tomato & Basil Pasta
Vegetable Selection	Sweetcorn Baked Beans	Green Beans Cauliflower	Carrots Savoy Cabbage	Sweetcorn Carrots	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Dessert	Oaty Crunchy Biscuit	Shortbread Finger & Fruit Wedges	Jelly & Mandarins	Jam Sponge & Custard	Chocolate Brownie

Week Three Dates 07/11, 28/11, 19/12, 09/01, 30/01, 20/02, 13/03, 03/04

Week 3	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Cheese & Tomato Pizza Slice with Potato Wedges	Chicken nugget s& Potato Wedges	Roast breast of Chicken, Roast Potatoes & Gravy	Sausage with Mashed Potato & Gravy	Fish Fingers & Chips
Vegetarian Main Meal Option	Loaded Wedges with Cheese or Beans	Vegetable Korma Curry with Mixed Rice	Roast Veggie Meatballs, Roast Potatoes & Gravy	Veggie Mince Pasta Bolognese	Macaroni Cheese
Vegetable Selection	Mixed Vegetables Baked Beans	Carrots Sweetcorn	Winter Greens Cauliflower	Green Beans Carrots	Baked Beans Garden Peas
Jacket Potato Options	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Dessert	Hob Nob Cookie with Apple Smiles	Chocolate Sponge & Chocolate Sauce	Frozen Toffee Yoghurt	Lemon Drizzle Cake	Flapjack Finger

Pick and Mix Selection

Fresh Bread, Salad Bar, Fresh Fruit and Yoghurts Available Daily