

# Food News

Edwards & Blake are delighted to be providing the catering services at **Little Paxton Primary School**. We are a leading contract caterer and since 1998 we've put food quality at the heart of all we do with fresh, healthy, nutritious ingredients at the core of our business from day one. We're passionate about great quality food, local sourcing, excellent service, driving innovation and delivering great value to our clients and pupils. Our food is freshly cooked every day in the kitchens in which we operate and we strive to make every mealtime experience delicious, nutritious and fun!

## Universal Free School Meals

All pupils in reception, year 1 and year 2 are entitled to a free school meal everyday! This means they can have either a main meal or vegetarian meal, followed by self-service salad bar and dessert!

## our *Pick 'n' Mix Option*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Half Tuna Mayonnaise Baguette or Cheese Roll	Ham or Cheese Wrap or Egg Sandwich	Chicken Mayonnaise Roll or Cheese and Tomato Pasta Pot	Ham Salad Sandwich or Roasted Vegetable Wrap	Tuna and Sweetcorn Pasta or Pitta Bread Soldiers with Hummus Dip
Cucumber Batons and Sweetcorn	Celery Sticks, Cherry Tomatoes or Salad	Carrots Batons and Mixed Peppers	Spiralised Vegetables and Tomato Wedges	Cucumber Slices and Carrot Roundels
Seasonal Fruit Choice	Seasonal Fruit Choice	Seasonal Fruit Choice	Seasonal Fruit Choice	Seasonal Fruit Choice
Greek Yoghurt with Fruit Topping	Traybake ie. Flapjack, Choc Krispie, or Sponge Cake	Shortbread or Cookie	Fruit Cupcake	Fruit and Jelly
Apple, Orange or Tropical Fruit Cuplet	Apple, Orange or Tropical Fruit Cuplet	Apple, Orange or Tropical Fruit Cuplet	Apple, Orange or Tropical Fruit Cuplet	Apple, Orange or Tropical Fruit Cuplet

# our Tummy Fillers

Week Commencing: 30th October, 20th November, 11th December, 1st January, 22nd January and 5th February

## Week 1

### Main Meal

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Chicken with Rice	Cottage Pie with Sweet Potato Topping	Breast of Turkey with Roast Potatoes	Spaghetti Bolognaise with Garlic Bread	Fish Fingers with Chips

### Vegetarian Meal

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza	Macaroni 'Double Cheese' with Leeks	Roulade of Roasted Vegetables and Mozzarella with Roast Potatoes	Vegetarian Lasagne and Garlic Bread	Cheese Omelette with Chips

### Alternative Option

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta with Cheese or Tomato Sauce	Jacket Potato with a Choice of Cheese, Beans or Tuna Mayo	Pasta with Cheese or Tomato Sauce	Jacket Potato with a Choice of Cheese, Beans or Tuna Mayo	Pasta with Cheese or Tomato Sauce

### Vegetables

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal Salad	Green Beans	Carrots and Savoy Cabbage	Sweetcorn	Garden Peas and Baked Beans

### Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
Chocolate Fruit Krispie	Lemon Drizzle Cake	Fruit Crumble with Custard	Apple Flapjack	Carrot and Pineapple Muffin

Week Commencing: 6th November, 27th November, 18th December, 8th January, 29th January and 12th February

## Week 2

### Main Meal

Monday	Tuesday	Wednesday	Thursday	Friday
Ham and Cheese Pizza with Potato Wedges	Beef Burger in a Bun with Jacket Wedges and Coleslaw	Roast Pork Shoulder with Spiced Apple Sauce	Beef Lasagne with Garlic Bread	Fish Fillet with Chips

### Vegetarian Meal

Monday	Tuesday	Wednesday	Thursday	Friday
Penne Pasta and Seasonal Vegetable Bake with Garlic Bread	Mixed Bean and Aubergine Tagine with Cous Cous and Mint Yogurt	Country Vegetable Pie with Roast Potatoes	Mild Goan Vegetable Curry with Rice	Cheese and Tomato Quiche with Chips

### Alternative Option

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with a Choice of Cheese, Beans or Tuna Mayo	Pasta with Cheese or Tomato Sauce	Jacket Potato with a Choice of Cheese, Beans or Tuna Mayo	Pasta with Cheese or Tomato Sauce	Jacket Potato with a Choice of Cheese, Beans or Tuna Mayo

### Vegetables

Monday	Tuesday	Wednesday	Thursday	Friday
Mixed Side Salad and Sweetcorn	Cauliflower	Carrots and Seasonal Cabbage	Broccoli	Garden Peas and Baked Beans

### Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
Pancakes with Warm Berry Compote	Strawberry or Lemon Mousse	Dorset Apple Cake with Custard	Chocolate Brownie	Cookie and Fruit Salad

Week Commencing: 13th November, 4th December, 15th January and 5th February

## Week 3

### Main Meal

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage with Mashed Potatoes and Gravy	Salmon and Vegetable Penne Pasta	Roast Topside of Beef with Yorkshire Pudding and Roast Potatoes	Harvest Chicken Casserole with New Potatoes	Fish Fingers with Chips

### Vegetarian Meal

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese, Leek and Potato Pie	Cheese and Tomato Pizza with Potato Wedges	Lentil Roast with Yorkshire Pudding and Roast Potatoes	Tuscan Bean and Butternut Squash Risotto	Vegetable Burger with Chips

### Alternative Option

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta with Cheese or Tomato Sauce	Jacket Potato with a Choice of Cheese, Beans or Tuna Mayo	Pasta with Cheese or Tomato Sauce	Jacket Potato with a Choice of Cheese, Beans or Tuna Mayo	Pasta with Cheese or Tomato Sauce

### Vegetables

Monday	Tuesday	Wednesday	Thursday	Friday
Green Beans and Carrots	Sweetcorn	Seasonal Cabbage and Carrots	Green Beans	Garden Peas and Baked Beans

### Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
Carrot Cake with Citrus Frosting	Fudge Tart	Toffee Apple Crumble and Custard	Chocolate Sponge with Chocolate Sauce	Fruit Jelly and Ice Cream

#### FOOD ALLERGIES & INTOLERANCES

IF YOU SUFFER FROM EITHER OF THE ABOVE, PLEASE SPEAK TO THE CHEF MANAGER PRIOR TO PLACING YOUR ORDER WE WILL BE PLEASED TO DISCUSS THE CONTENTS OF ANY DISH WITH YOU

## our Salad Feast

Available Every Day  
Freshly Prepared Salad Bar, Freshly Prepared Baked Bread, Fresh Fruit and Yogurt.