

# Spring/Summer 22

## Avenue Junior School

**Week One Dates** 18/04, 09/05, 30/05, 20/06, 11/07, 01/08, 22/08, 12/09, 03/10, 24/10

Week 1	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Wholemeal Margherita Pizza Slice	Pasta Bolognese & Garlic Bread	Roast Chicken with Roast Potatoes, Stuffing & Gravy	Creamy Chicken & Butternut Korma Curry & Mixed Rice	Crispy Breaded Fish Fingers & Chips
Vegetarian Main Meal Option	Smoky Spiced Vegetable Stew with Mexican Rice	Veggie Mince Pasta Bolognese & Garlic Bread	Roast Veggie Balls with Roast Potatoes Stuffing & Gravy	Veggie Burger with Potato Wedges	Vegetable Nuggets & Chips
Vegetable Selection	Fresh Salad Sweetcorn	Broccoli Fresh Carrots	Cauliflower Green Beans	Mixed Vegetables	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna Mayonnaise, Grated Cheese, Baked Beans				
Pasta Option	Pasta with Cheese Sauce on Tuesday/Thursday or Tomato Sauce on a Monday/Wednesday/Friday topped with Grated Cheese				
Dessert	Apple Flapjack	Marble Cake & Chocolate Sauce	Vanilla Ice Cream	Seasonal Fruit	Shortbread Finger

**Week Two Dates** 25/04, 16/05, 06/06, 27/06, 18/07, 08/08, 29/08, 19/09, 10/10

Week 2	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Wholemeal Margherita Pizza Slice	Chicken & Sweetcorn Meatball Sub with Arrabiata Sauce & Baked Wedges	Roast Gammon with Yorkshire Pudding, Roast Potatoes & Gravy	Chicken Pie & Mash	Crispy Breaded Fish Fingers & Chips
Vegetarian Main Meal Option	Taco with Veggie Chilli, Mixed Rice and a Mint yoghurt	Tomato & Basil Pasta	Roast Veggie Balls with Yorkshire Pudding, Roast Potatoes & Gravy	Creamy Macaroni Cheese	Veggie Hot Dog with Onions & Chips
Vegetable Selection	Fresh Salad Garden Peas	Green Beans Cauliflower	Carrots Sweetcorn	Mixed Vegetables	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna Mayonnaise, Grated Cheese, Baked Beans				
Pasta Option	Pasta with Cheese Sauce on Tuesday/Thursday or Tomato Sauce on a Monday/Wednesday/Friday topped with Grated Cheese				
Dessert	Crunchy Oat Biscuit	Jelly & Mandarins	Apple Crumble & Custard	Seasonal Fruit	Chocolate Brownie

**Week Three Dates** 02/05, 23/05, 13/06, 04/07, 25/07, 15/08, 05/09, 26/09, 17/10

Week 3	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Wholemeal Margherita Pizza Slice	Traditional Sausage & Mash with Gravy	Roast Turkey With Roast Potatoes, Stuffing & Gravy	Chicken Enchilada with Baked Potato Wedges	Crispy Breaded Fish Fingers & Chips
Vegetarian Main Meal Option	Veggie Balls with Tomato Sauce & Pasta	Chinese Vegetable Curry, Mixed Rice & Naan	Roast Veggie Balls with Roast Potatoes Stuffing & Gravy	Sticky Barbecue Vegetables & Noodles	British Cheese & Onion Quiche with Chips
Vegetable Selection	Mixed Vegetables Garden Salad	Green Beans Sweetcorn	Cauliflower Carrots	Broccoli Sweetcorn	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna Mayonnaise, Grated Cheese, Baked Beans				
Pasta Option	Pasta with Cheese Sauce on Tuesday/Thursday or Tomato Sauce on a Monday/Wednesday/Friday topped with Grated Cheese				
Dessert	Chocolate & Banana Cake	Jelly & Mandarins	Flapjack Finger	Lemon & Blueberry Cake	Frozen Toffee Yoghurt

**Pick and Mix Selection or Packed Lunch**

**Fresh Salad, Fresh Fruit and Yoghurts Available Daily**



# NOURISH YOUR CHILD'S INNER SUPERHERO!

## Avenue Junior 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?!**

