

OUR Tummy Fillers

Week Commencing: 1st January, 22nd January, 19th February and 12th March 2018

Week 1

Main Meal

Monday	Tuesday	Wednesday	Thursday	Friday
Butchers Best Sausages with Mashed Potato, Peas, Carrots and Gravy	Chicken Korma with Rice, Broccoli and Naan Bread	Minced Beef Pie with Mashed Potatoes and Seasonal Vegetables	Roast Chicken with Roast Potatoes, Yorkshire Pudding, Cabbage, Carrots and Gravy	Fish Fingers with Chips and Baked Beans or Peas

Vegetarian Meal

Vegetable Sausages with Mashed Potato, Peas, Carrots and Gravy	Sweet Potato and Mixed Bean Stew served with Broccoli	Cheese and Potato Pie with Seasonal Vegetables and Vegetable Gravy	Cheese Pasty with Roast Potatoes, Yorkshire Pudding, Cabbage, Carrots and Gravy	Homemade Rainbow Vegetable Pizza with Chips and Baked Beans or Peas
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Pasta of the Day

Topped with Homemade Cheesy Sauce	Topped with Homemade Tomato Sauce	Topped with Homemade Cheesy Sauce	Topped with Homemade Tomato Sauce	Topped with Homemade Cheesy Sauce
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Dessert

Chocolate Crunch with Chocolate Sauce	Fruit Jelly Delight	Raspberry Crunch	Apricot Sponge with Custard	Iced Fruit Muffin
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Week Commencing: 8th January, 29th January, 26th February and 19th March 2018

Week 2

Main Meal

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Brunch Hash Brown, Bacon, Omelette, Grilled Tomato and Beans	Red Tractor Beef Burger in a Roll with Oven Baked Wedges, Sweetcorn and Peas	Traditional Beef Cottage Pie with Peas, Carrots and Gravy	Roast Gammon with Pineapple, Roast Potatoes, Yorkshire Pudding, Cabbage, Carrots and Gravy	Fish Fingers or Salmon Fishcake with Chips and Baked Beans or Peas

Vegetarian Meal

Vegetarian Breakfast Brunch, Hash Brown, Veggie Sausage, Omelette, Grilled Tomato and Beans	Vegetable Burger in a Roll with Oven Baked Wedges, Sweetcorn and Peas	Cheese and Potato Pie with Peas, Carrots and Gravy	Quorn Sausages with Roast Potatoes, Yorkshire Pudding, Cabbage, Carrots and Gravy	Mini Sweet Potato and Red Pepper Frittata with Chips and Baked Beans or Peas
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Pasta of the Day

Topped with Homemade Cheesy Sauce	Topped with Homemade Tomato Sauce	Topped with Homemade Cheesy Sauce	Topped with Homemade Tomato Sauce	Topped with Homemade Cheesy Sauce
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Dessert

Jam Sponge and Custard	Ice Cream Pot	Apple Crumble and Custard	Fruity Flapjack	Chocolate Oaty Cake
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Week Commencing: 15th January, 5th February, 5th March and 26th March 2018

Week 3

Main Meal

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Bolognese with Pasta, Chopped Salad and Crusty Bread	Crispy Chicken Goujons with Creamy Mash, Raw Carrot Batons and Sweetcorn	Homemade Cheese and Ham Pizza with Baked Wedges and Coleslaw	Roast Turkey Breast with Roast Potatoes, Yorkshire Pudding, Broccoli, Carrots and Gravy	Fish Fingers with Chips and Baked Beans or Peas

Vegetarian Meal

Mixed Bean and Vegetable Chilli with Half a Jacket Potato and Chopped Salad	Vegetable Melts with Creamy Mash, Raw Carrot Batons and Sweetcorn	Homemade Cheese and Tomato Pizza with Baked Wedges and Coleslaw	Vegetable and Lentil Pie with Roast Potatoes, Yorkshire Pudding, Broccoli, Carrots and Gravy	Vegetable Burger in a Floured Bun with Chips and Baked Beans or Peas
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Pasta of the Day

Topped with Homemade Cheesy Sauce	Topped with Homemade Tomato Sauce	Topped with Homemade Cheesy Sauce	Topped with Homemade Tomato Sauce	Topped with Homemade Cheesy Sauce
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Dessert

Warm Chocolate Brownie and Cream	American Pancakes with Berry Compote	Toffee Cream Tart	Banana Sponge and Custard	Fruity Apple Muffin
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Available Every Day

OUR Salad Feast

Freshly Prepared Salad Bar, Jacket Potatoes with a Choice of Filling, Fresh Wholemeal Bread, Fresh Fruit Pot and Yoghurts

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

Food News

Edwards & Blake are delighted to be providing the catering services at
Fakenham Infants and Nursery School

We are excited to present to you our new menu which has been designed to deliver a real taste adventure to the school, offering a range and style of food to reflect your individual school needs and preferences.

Our aim is provide pupils with an exceptional catering experience and to exceed your expectations whilst maintaining our high standards.

Our kitchens have a hard working and skilled set of staff to ensure that all of the products for sale are made fresh each day using seasonal ingredients and sourced as locally as possible. There will be no packet mixes and we limit our frozen food to peas, sweetcorn, quality bread and potato products.

Look out for our special days including Chinese New Year and Italian Day! There will be a special menu on these days!

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!

We welcome any comments or suggestions so please contact us with your ideas via our website:
www.edwardsandblake.co.uk

our Pick 'n' Mix

Monday

Tuna Mayo Roll

Carrot Sticks
or Cucumber Sticks

Grapes
or Apple

Yoghurt Pots

Juice Cuplet

Tuesday

Ham Sandwich

Cucumber Sticks
or Cherry Tomatoes

Raisins
or Satsuma

Shortbread Biscuit

Juice Cuplet

Wednesday

Egg Sandwich

Carrot Sticks
or Cucumber Sticks

Melon
or Apple

Yoghurt Pots

Juice Cuplet

Thursday

Roast Chicken Sandwich

Carrot Sticks
or Cherry Tomatoes

Grapes
or Satsuma

Cocoa Biscuit

Juice Cuplet

Friday

Cheese Roll

Carrot Sticks
or Cucumber Sticks

Melon
or Apple

Yoghurt Pots

Juice Cuplet



At the heart of every meal

