

gloucestershire menu summer term 2009

week commencing

monday

tuesday

wednesday

thursday

friday

Week 1

20th April

11th May

8th June

29th June

Ham & Cheese Pizza
with Baked Jacket Wedges

Pasta Twirls with a Freshly Made
Tomato Sauce Topped with Cheese

Tuna & Cucumber Salad

Garden Peas
Sweetcorn

Mixed Oat & Fruit Crumble
with Custard

Freshly Made Beef Lasagne
with Garlic Bread

Freshly Baked Pepper Quiche
with New Potatoes

Ham Salad

Fresh Mixed Vegetables
Broccoli

Shortbread with Apple Juice
or Yoghurt

Fresh Roast Chicken with Gravy

Freshly Made Vegetable Crumble

Cheese Salad

Shredded Green Cabbage
Sliced Carrots
Crisp Roast Potatoes

Mixed Fruit in Orange Jelly

Freshly Made Lamb Crumble
with Gravy, Mashed Potatoes,
Broccoli & Carrots

"Tomato & Mushroom Frittata"
Oven Baked Omelette with Tomato,
Mushroom, Potatoes and Onions
with Mixed Tossed Salad
& Baked Jacket Half

Chicken Salad

Crunchy Apple Pie & Custard

Baked Fish Fingers

Freshly Made Vegetable Burger in
a Floured Bap with Fresh Salad

Ham Salad

Garden Peas
Baked Beans
Chips

"Jambo" - Freshly Made Buns
Topped with Fruit Jam

Week 2

27th April

18th May

15th June

6th July

Baked Beans with Sausages
Topped with Cheddar Mash

Cheese & Tomato Pizza
with New Potatoes

Ham Salad

Sweetcorn
Green Beans

Chocolate Sponge
with Chocolate Sauce

Freshly Made Chicken
& Pasta Bake

Roasted Vegetable Curry
with Rice

Tuna Salad

Garden Peas
Fruity Coleslaw

Yoghurt with Mini Cookie

Fresh Roast Gammon & Gravy
with Crispy Roast Potatoes

Freshly Made Cheddar &
Onion Tart with Boiled Potatoes

Egg & Cress Salad

Fresh Mixed Vegetables
Cauliflower

Fruit Flapjack

Beef Cottage Pie & Gravy
with Carrots & Green Beans

Freshly Prepared Tomato
& Vegetable Pasta Bake

Cheese Salad

Broccoli
Fresh Chunky Carrots

Freshly Baked Carrot Cake

Baked Fish Cake

Freshly Made Egg,
Cheese & Tomato Pastry Puffs

Salmon Salad

Baked Beans
Fresh Green Salad
Chips

Iced Fruit Bun

Week 3

4th May

1st June

22nd June

13th July

Fresh Pork Meatballs
with Tomato Sauce and Rice

Cauliflower & Broccoli Cheese
with Baked Jacket Wedges

Tuna Salad

Carrots
Garden Peas

Coconut Sponge & Custard

Freshly Made Lamb & Potato
Moussaka with Garlic Bread

Fresh Vegetable Bolognise
with Spaghetti

Cheese Salad

Green Beans
Sweetcorn

Jam Tart with Custard

Freshly Made Roast Beef
& Yorkshire Pudding with Gravy,
Crisp Roast Potatoes,
Green Cabbage and Carrots

Vegetable Stir Fry
with Soft Noodles

Pilchard Salad

Semolina with Mandarins

Freshly Made Chicken
& Sweetcorn Pie with Gravy,
Roasted Vegetables
and Braised Potato

Jacket Long Boats with Baked Beans
& Cheese and Vegetable Sticks

Roast Beef Salad

Lemon Muffin

Baked Wholemeal Cod Fillet
with Chips

Macaroni Cheese
with Garlic Bread

Ham Salad

Baked Beans
Garden Peas

Chocolate Krispie Cake

Welcome to the first menu from Edwards & Ward featuring freshly cooked dishes made with as much locally sourced produce as possible. We hope your child will enjoy trying these lunches and you can be assured that they are eating a nutritionally balanced meal made with fresh local ingredients.

If your son or daughter has been advised by their GP or Health Care Professional to follow a special diet please contact us via gloucester@edwardsandward.co.uk, call us on 07792 276449 or speak to the Cook at your child's school and we will arrange for this to continue.

We firmly believe that ParentPay will make paying for lunches much easier and we urge you to begin using it as soon as you can.

Finally we hope that you and your child enjoy this new menu and look forward to serving you soon.



edwards and ward
a recipe for success

Keeping it Fresh

With an ever-watchful eye on fuel costs and emissions A. David (Fruit & Vegetable supplier to Edwards & Ward) have made it one of our priorities in recent years to source products locally.

We are taking more of an interest in where our food really comes from and how it gets to us. We are seeing many local growers put more investment and systems into growing produce to supply their surrounding communities.

One of the most prolific growers in our region has been growing great produce for exactly these reasons for over 6 years and they are starting to see a real upturn in their business. Farm Manager, Helen Trowsdale is now in her fourth season at Farringtons in Farrington Guerne and is committed to producing the very highest quality vegetables possible.

The Farm, run by Andy Jeffrey and his wife Tish, started out life as a dairy farm and although they do not have a milk herd now they have completed the 2 year conversion period making the produce they grow now 100% organic.

A. David has forged a strong alliance with Farringtons and we now regularly offer Helen's produce for sale to enhance the local offering.



Right on the Doorstep

The current concerns about the impact of transportation of food products has become very high on the agendas of service providers in both the public and private sector.

Allied to these concerns the caterer is required to prepare meals from locally sourced products where this is practically and economically viable.

John Sheppard Butchers are delighted to be associated with Edwards and Ward, endeavouring to achieve the above aim of providing goods and services to Gloucestershire County Council Schools. Established over 70 years and now based at our EC licensed 'state of the art' headquarters in Bristol. John Sheppard Butchers have always had a tradition of supporting and developing long standing relationships with our locally based suppliers.

A good example of this is our long established trading relationship with Ensors of Cinderford. Through suppliers such as these we can offer products with traceability back to the farm from which they originated thus enabling us to provide a locally reared and processed product from a local distribution point.

Left: Andy Jeffrey, Helen Trowsdale and Tish Jeffrey of Farringtons, Bristol

Above: Richard Sheppard at Grove Farm, Flaxley, Gloucester.

change
4 life

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