

# Edwards & Ward Ltd in partnership with Wokingham Borough Council continue to have the pleasure of providing your child/children with a healthy balanced meal during their stay at School from February 2010.



- ✓ **This new menu, as requested includes 'favourite dishes' from previous menus.**
- ✓ **We support our local suppliers by purchasing from them, fruit, vegetables and fresh meat.**
- ✓ **All of our locally sourced meat products are 100% fresh and to our specification.**
- ✓ **The baked fish we use is caught from sustainable waters and certified by the Marine Stewardship Council. We strongly believe in sustainable fishing.**
- ✓ **All our dishes are prepared daily in our kitchens by our catering teams who have been involved in NVQ training from a Hospitality Industry training provider.**
- ✓ **We offer fresh fruit & salad choices daily.**
- ✓ **Fresh homemade bread and fresh drinking water is available daily. Fresh Fruit is offered daily as an alternative to the specified dessert.**

## The Nutritional Standards

Our Spring/Summer menus have been fully analysed by our in house nutritionist to ensure they meet the 14 nutrient based standards required by Government legislation.

In order to meet these standards we continue to modify and adjust recipes to optimise their nutrient profile. For example we use corn flour instead of the traditional roux method when making sauces to reduce the fat content.

We have increased some portion sizes to achieve increased iron

zinc and calcium levels but reduced other portion sizes to lower the fat and sugar content and thus calories.

The protein levels in the dishes are very generous in order to meet iron and zinc levels but are developed to offer a good balance of animal and vegetable sources to optimise health and sustainability. We continue to eliminate salt from all our recipes.

As you can appreciate a vast amount of work is undertaken by school caterers and nutritionists to meet the precise standards as well as producing a menu that the children will enjoy. Every recipe has to be analysed to ensure that the whole menu cycle meets the required standards set by the Government.

We are currently working with a Hospitality Industry training provider to offer all our staff the opportunity to undertake NVQ training. At present we have training taking place at three of our sites in the Wokingham area and will be implementing training at further sites on a rolling programme.

We will continue to introduce further salad bars into primary schools and of those schools that already enjoy these benefits the concept has proven very successful.

To ease the method of payment we have introduced a 5 day meal ticket which can be purchased directly from the kitchen. Meal tickets can be purchased in bulk if required. Each ticket represents 5 meals and if your child misses a day they can still use their ticket the following day or week. The tickets do not have to be used on 5 consecutive days. Alternatively your child/children can still pay on the day if you so wish.

**Meal Price £1.90**

## Free school meals-are you entitled?

Free school meals are available only to children whose parents/ guardians are in receipt of one or more of the following benefits:

- Income-Based Jobseeker's Allowance
- Employment and Support Allowance (Income Related)
- Support under Part VI of the Immigration and Asylum Act 1999
- Families in receipt of Child Tax Credit will also qualify provided that (a) they are not entitled to Working Tax Credit, and (b) their annual income, as assessed by Her Majesty's Revenue and Customs does not exceed £16,040 as at 6 April 2009 (subject to annual review).
- Guarantee element of State Pension Credit

## Theme Days

Our theme days have proved to be extremely popular. We are delighted with the response and will continue the monthly theme days to all schools. These can be linked to the school curriculum or with national events.

## Useful Numbers:

Wokingham Office: 0118 9780964

Head Office: 01892 601340

Special diets: 01892 601343

Wokingham Borough Council: 0118 9746277



# wokingham menu february 2010

week commencing

monday

tuesday

wednesday

thursday

friday

**Week 1**

22/02/10  
15/03/10  
19/04/10  
10/05/10  
07/06/10  
28/06/10  
19/07/10

Beef Bolognese with Spaghetti  
OR  
Cheese Filled Jacket Potato with Apple Coleslaw  
OR  
Tuna Pasta Salad  
.....  
Garden Peas  
Sweetcorn  
.....  
Mandarin Sponge with Custard

Chunky Chicken & Tomato Bake  
OR  
Vegetable Cottage Pie  
OR  
Ham Salad  
.....  
Green Beans  
Carrot & Sultana Salad  
.....  
Jam Tart with Custard

Roast Gammon and Gravy  
OR  
Freshly prepared Glamorgan Sausages  
OR  
Cheese Salad  
.....  
Sliced Carrots  
Broccoli Spears  
Crispy Roast Potatoes  
.....  
Vanilla Ice Cream

Pork Meatballs in Rich Gravy with Creamed Potatoes  
OR  
Roasted Vegetable & Cheddar Hot Baguettes  
OR  
Roast Gammon Salad  
.....  
Green Beans  
Mixed Vegetables  
.....  
Fruit Crumble with Custard

Baked Fish Cake  
OR  
Cheese & Tomato Pizza  
OR  
Egg & Cress Salad  
.....  
Garden Peas  
Baked Beans  
Chipped Potatoes  
.....  
Chocolate Shortbread Slice

**Week 2**

01/03/10  
22/03/10  
26/04/10  
17/05/10  
14/06/10  
05/07/10

Baked Butchers Sausages with Gravy & Parsley Potatoes  
OR  
Savoury Cheese Bake & New Potatoes  
OR  
Pilchard Salad  
.....  
Mixed Vegetables  
Green Beans  
.....  
Fruit Yoghurt with Finger Biscuit

Beef Lasagne with Garlic Bread  
OR  
Bean & Lentil Burger in a Flour Bap  
OR  
Cheese & Red Onion Salad  
.....  
Roasted Vegetables  
Sweetcorn  
.....  
Marbled Sponge with Custard

Roast Pork with Apple Sauce  
OR  
Cauliflower Cheese and Herby Bread  
OR  
Tuna Mayonnaise Salad  
.....  
Sliced Carrots  
Green Cabbage  
Crispy Roast Potatoes  
.....  
Fruit Jelly

Mild Chicken Korma with Rice  
OR  
Cheese, Baked Beans & Jacket Potato  
OR  
Roast Pork Salad  
.....  
Mixed Salad  
Broccoli Spears  
.....  
Peach Upsidedown Cake with Custard

Baked Fillet of Fish in Breadcrumbs with Lemon  
OR  
Spanish Omelette  
OR  
Ham Salad  
.....  
Garden Peas  
Baked Beans  
Chipped Potatoes  
.....  
Fruit Flapjack

**Week 3**

08/03/10  
29/03/10  
03/05/10  
24/05/10  
21/06/10  
12/07/10

Cheese, Ham & Pineapple Pizza  
OR  
Roasted Vegetable Filled Yorkshires  
OR  
Tuna & Cucumber Salad  
.....  
Sweetcorn  
Garden Peas  
Potato Wedges  
.....  
Orange Iced Ginger Sponge with Custard

Savoury Minced Beef Shortcrust Pastry Pie with Creamed Potatoes & Gravy  
OR  
Macaroni Cheese with Garlic Slice  
OR  
Pizza Salad  
.....  
Sliced Carrots  
Fresh Broccoli Spears  
.....  
Strawberry Muffin

Roast Chicken & Gravy  
OR  
Pasta Vegetable Bake  
OR  
Egg Mayonnaise Salad  
.....  
Cauliflower Florets  
Green Cabbage  
Crispy Roast Potatoes  
.....  
Carrot Cake

Handmade Beef Burger in a Bap with Jacket Wedges  
OR  
Vegetable Curry filled Jacket Potatoes  
OR  
Roast Chicken Salad  
.....  
Coleslaw  
Sweetcorn  
.....  
Swiss Apple Tart with Custard

Birds Eye Fish Fingers  
OR  
Summer Vegetable Crumble  
OR  
Cheese & Onion Salad  
.....  
Baked Beans  
Garden Peas  
Chipped Potatoes  
.....  
Chocolate Krispie