

HELLO AND WELCOME TO EDWARDS & BLAKE! - WE ARE THRILLED TO BE FEEDING YOUR SUPERHEROES!



We are a leading contract caterer providing delicious, nutritious food to over 160 schools in the East of England and beyond. The company has grown steadily since its inception over 20 years ago, but our culture and ethos is still firmly rooted in a belief that fresh, locally-sourced, home-cooked food not only tastes better but is essential to well-being and that nothing less than high service standards will do.

Great fresh food locally sourced at the best price is part of our DNA and why wouldn't it be?! As an East Anglian-based fresh food catering company we are fortunate enough to have fantastic high-quality produce at our disposal. We have worked with a number of local farms and suppliers since the company was established and we are committed to using produce being supplied within our region. This ensures that we receive a high level of service and excellent quality. Our menus change twice per year and we purchase seasonal goods at the right times of the year ensuring the best quality and value.

We don't rest on our laurels at Edwards & Blake; we are always striving to exceed expectations. We respond to client and pupil feedback and provide a service that encourages healthy eating and a love of food. We fully understand the importance of providing added value to each and every one of our education clients by delivering the catering services the pupils deserve and their parents would expect. For us, offering a personable, flexible service has been key to our success. Our ethos is one of support and interaction, working together to give the pupils real opportunities to learn about food, thereby adding real and genuine value to life at the school. We work closely with our schools to create an offer that adheres to each school's objectives and reflects each school's individual needs whilst also embracing new ideas and concepts. We very much see ourselves as part of each school, working together to ensure we deliver fantastic food that remains fresh and exciting, we believe our personal, pastoral approach is a great cultural fit with the ethos within Primary schools and together we will provide great foundations on which to grow and develop the catering service together.

For more information about Edwards & Blake, visit our website at www.edwardsandblake.co.uk

EAT WELL!



LIGHT BITES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese or Ham Baguette	Cheese or Ham Baguette	Cheese or Ham Baguette	Cheese or Ham Baguette	Cheese or Ham Baguette
Fruit Pot / Dried Fruit Bag / Fruit Wedge	Fruit Pot / Dried Fruit Bag / Fruit Wedge	Fruit Pot / Dried Fruit Bag / Fruit Wedge	Fruit Pot / Dried Fruit Bag / Fruit Wedge	Fruit Pot / Dried Fruit Bag / Fruit Wedge
Crudités / Cherry Tomatoes / Mixed Salad	Crudités / Cherry Tomatoes / Mixed Salad	Crudités / Cherry Tomatoes / Mixed Salad	Crudités / Cherry Tomatoes / Mixed Salad	Crudités / Cherry Tomatoes / Mixed Salad
Yoghurt Pot	Yoghurt Pot	Yoghurt Pot	Yoghurt Pot	Yoghurt Pot or Homemade Sweet Treat



PRIMARY AUTUMN WINTER 2018/2019 MENU

Week Commencing: 29th Oct, 19th Nov, 10th Dec, 31st Dec 2018, 21st Jan, 11th Feb, 11th Mar, 1st Apr 2019					
Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Turkey Meatballs with Tomato Sauce and New Potatoes	Lasagne topped with Mozzarella served with Garlic Bread	Roast Chicken served with all the Traditional Accompaniments, Roast Potatoes, Sage and Onion Stuffing and Gravy	Mild Chicken Curry served with Rice and Garlic Naan Strips	Battered Fish with Chips
Vegetarian Main Course	Macaroni Cheese	Vegetable Sausages, Gravy and Mashed Potatoes	Quorn Roast with all of the Roast Dinner Trimmings	Vegetable 'Tortilla Lasagne' with Garlic Doughballs	Vegetable Spring Roll with a Curry Sauce and Chips
Alternative Main Course	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Garden Peas and Broccoli	Fresh Carrots and Sweetcorn	Sliced Green Beans and Cauliflower	Roasted Peppers, Sweetcorn and Savoy Cabbage	Garden Peas or Baked Beans
Salads	A 'self-serve' salad selection is available daily				
Dessert	Yoghurt and Fresh Fruit	Yoghurt and Fresh Fruit	Yoghurt and Fresh Fruit	Yoghurt and Fresh Fruit	Treacle Sponge with ice Cream

Week Commencing: 5th Nov, 26th Nov, 17th Dec 2018, 7th Jan, 28th Jan, 25th Feb, 18th Mar 2019					
Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Salmon and Tuna Pasta Bake with Tomato and Garlic Bread	Beef, Vegetable and Potato Pie topped with Shortcrust Pastry	Roast Pork served with Fresh Vegetables, Roast Potatoes, Yorkshire Pudding and Gravy	Shepherd's Pie served with Gravy and Mashed Potato	Fish Fingers with Chips
Vegetarian Main Course	Vegetable Pizza Slice served with Salad	Winter Vegetable Casserole topped with Cheesy Croutons	Quorn Roast with all of the Roast Dinner Trimmings	Mild Vegetable Curry with Rice	Rice and Bean Burrito with Chips and Tomato Sauce
Alternative Main Course	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Garden Peas and Fresh Carrots	Sweetcorn and Broccoli	Sliced Green Beans and Fresh Carrots	Braised Red Cabbage and Sweetcorn	Garden Peas or Baked Beans
Salads	A 'self-serve' salad selection is available daily				
Dessert	Yoghurt and Fresh Fruit	Yoghurt and Fresh Fruit	Yoghurt and Fresh Fruit	Yoghurt and Fresh Fruit	Chocolate Fudge Cake

Week Commencing: 12th Nov, 3rd Dec 2018, 14th Jan, 4th Feb, 4th Mar, 25th Mar 2019					
Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Pork Sausages and Mash with Gravy	Beef Bolognese with Spaghetti	Roast Chicken served with all the Traditional Accompaniments, Roast Potatoes, Sage and Onion Stuffing and Gravy	Chicken with Rice and a Rustic Tomato Sauce	Fish Fingers with Chips and Garden Peas
Vegetarian Main Course	Bubble and Squeak Frittata Slice served with Salad	Mexican Bean Stew with a Folded Flatbread	Quorn Roast with all of the Roast Dinner Trimmings	Chickpea and Aubergine Curry with Wholegrain Rice	Vegetarian Sausage with Chips and Baked Beans
Alternative Main Course	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Vegetables	Peas and Broccoli	Sliced Beans and Sweetcorn	Carrots and Savoy Cabbage	Roasted Mediterranean Vegetables and Broccoli	Garden Peas or Baked Beans
Salads	A 'self-serve' salad selection is available daily				
Dessert	Yoghurt and Fresh Fruit	Yoghurt and Fresh Fruit	Yoghurt and Fresh Fruit	Yoghurt and Fresh Fruit	Flapjack Finger

Salad Bar, Daily Fresh Bread, Fresh Fruit and Yoghurts Available Daily