



# Food News



Edwards & Blake are delighted to be providing the catering services at **The Vale Academy**. We are a leading contract caterer and since 1998 we've put food quality at the heart of all we do with fresh, healthy, nutritious ingredients at the core of our business from day one. We're passionate about great quality food, local sourcing, excellent service, driving innovation and delivering great value to our clients and pupils. Our food is freshly cooked every day in the kitchens in which we operate and we strive to make every mealtime experience delicious, nutritious and fun!

## *Up and Coming Special Events...*

We run special themed days for the children throughout the year. The date we run the promotion will be written on the bottom of the posters displayed at your school. Our events include vegetarian week, fruit and vegetable week and tastes of the world!



**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

# our Tummy Fillers

Week Commencing: 4th September, 25th September and 16th October 2017

## Week 1

### Main Meal

Monday  
Chicken Curry served with a Naan Bread, Yellow Rice, Broccoli and Swede

Tuesday  
Fish Fingers served with Mashed Potato, Mixed Vegetables and Green Cabbage

Wednesday  
Roast Chicken served with Homemade Stuffing, Roast Potatoes, Sweetcorn, Carrots and Gravy

Thursday  
Lasagne made with Lamb Mince served with Garlic Bread, Peas and Cauliflower

Friday  
Cheese and Ham Pizza served with Chips and Baked Beans or Sweetcorn

### Vegetarian Meal

Monday  
BBQ Quorn served with Rice, Broccoli and Swede

Tuesday  
Vegetarian Cottage Pie with Mixed Vegetables and Green Cabbage

Wednesday  
Roast Quorn Fillet with Stuffing, Roast Potatoes, Sweetcorn, Carrots and Gravy

Thursday  
Chickpea and Lentil Curry served with Naan Bread and Yellow Rice

Friday  
Cheese and Tomato Pizza served with Chips and Baked Beans or Sweetcorn

### Dessert

Monday  
Chocolate Brickwall and Chocolate Custard

Tuesday  
Oat Biscuits with Apricots

Wednesday  
Fruit and Yoghurt

Thursday  
Lemon Drizzle Cake

Friday  
Strawberry and Vanilla Ice Cream Mousse

Week Commencing: 11th September and 2nd October 2017

## Week 2

### Main Meal

Monday  
Sausages served with Creamy Mash, Mixed Vegetables, Cabbage and Onion Gravy

Tuesday  
Italian Chicken served with Rice, Sweetcorn and Broccoli

Wednesday  
Roast Beef served with Yorkshire Pudding, Roast Potatoes, Carrots, Peas and Gravy

Thursday  
Minced Beef Spaghetti Bolognese with Green Beans and Cauliflower

Friday  
100% Cod Fillet Chunky Bites served with Curly Fries and Baked Bakes or Corn on the Cob

### Vegetarian Meal

Monday  
Vegetable Sausages served with Creamy Mash, Mixed Vegetables, Cabbage and Onion Gravy

Tuesday  
Vegetable and Cheese Burrito with Rice, Sweetcorn and Broccoli

Wednesday  
Baked Quorn Fillet in a Tomato Sauce served with Roast Potatoes, Carrots, Peas and Gravy

Thursday  
Vegetable Chow Mein with Green Beans and Cauliflower

Friday  
Vegetable Nuggets served with Curly Fries and Baked Beans or Corn on the Cob

### Dessert

Monday  
Apple Sponge and Custard

Tuesday  
Carrot Cake with a Cream Cheese Topping

Wednesday  
Fruit and Yoghurts

Thursday  
Warm Spiced Cinnamon Apple with Cream

Friday  
Oaty Biscuit and Milk Drink

Week Commencing: 18th September and 9th October 2017

## Week 3

### Main Meal

Monday  
Fish Cake served with Cheesy Mash, Green Cabbage and Mixed Vegetables

Tuesday  
BBQ Chicken Wrap served with Savoury Yellow Rice, Broccoli and Sweetcorn

Wednesday  
Roast Pork served with Apple Sauce, Roast Potatoes, Carrots, Peas and Gravy

Thursday  
Shepherds Pie with Green Beans and Cauliflower with Onion Gravy

Friday  
Cheese Burger served with Chips and Baked Beans or Peas

### Vegetarian Meal

Monday  
Macaroni Cheese served with Garlic Bread, Green Cabbage and Mixed Vegetables

Tuesday  
Vegetable and Lentil Lasagne served with Garlic Bread, Broccoli and Sweetcorn

Wednesday  
Cheesy Potato and Onion Slice served with Roast Potatoes, Carrots and Peas

Thursday  
Vegetable and Quorn Stir Fried Rice with Green Beans and Cauliflower

Friday  
Vegetarian Cheese Burger served with Chips and Baked Beans or Peas

### Dessert

Monday  
Rice Krispie Topped Sponge Cake

Tuesday  
Creamy Rice Pudding served with Strawberry Jam

Wednesday  
Fruit Platter or Yoghurt

Thursday  
Cherry and Coconut Flapjack

Friday  
Chocolate Brownie served with Cream

## our Salad Feast

Available Daily  
Filled Wraps, Baguettes, Jacket Potatoes, Freshly Baked Bread, Fresh Fruit, Homemade Yoghurt and Fruit Jelly