

welcome



from your school's catering provider

Edwards & Blake is the caterer of choice for thousands of secondary school students across the UK. We believe lunch is an integral part of the school day. When students sit down with friends, they cement relationships, enhance social skills, and replenish both their body and mind.

Our menus are exciting, nutritious and appealing. Served in a supportive environment designed to educate students about how they can make healthy choices to support their wellbeing and improve their ability to focus.

We regularly introduce new concepts and dishes with strong street food influences that are familiar to students, from Global Flavours featuring amazing cuisines from around the world to our Meat Free vegetarian and vegan inspired range.

CLUB
BREAKFAST

STAR
DISH

GRAB
& GO

MEAT
FREE

HOT
PUDS

What's on the menu

Our freshly prepared menus meet the Government's School Food Standards and meet the bronze Food for Life standards. Our service includes:

Club Breakfast Filling and energising choices to start the day

Morning Break Snacks and grab and go items

Lunch Wide range of options; Star Dish, Vegan and Vegetarian and Hot to Go choices

Grab & Go Sandwiches, baguettes and wraps, pasta pots and snacks

School Bakes Homemade cakes, cookies, and traybakes

Hot Puds Homemade pudding of the day

Meal Deals

Our meal deals are competitively priced and include:



hot
meal

+



homemade
traybake

or



fruit
pot



sandwich
product

+



homemade
traybake

or



fruit
pot

Healthy Eating Promotion

Good nutritional choices are vital to students' health, academic achievement, and wider performance at school. Our Healthy Swaps campaign encourages the uptake of healthier items by providing suggestions for more nutritious options that are readily available.



Theme Days

Keep an eye out for our regular Theme Days and Pop Ups featuring fantastic flavours for students to try including our Taste of Greece, May The Fourth Be With You and Veganuary!



Minimising Our Environmental Impact

We ensure that we minimise our environmental impact wherever possible, initiatives include:

- ✓ Managing & reducing food waste
- ✓ Reintroducing ceramic crockery & metal cutlery whilst using compostable or recyclable food packaging where applicable
- ✓ Menus using seasonal produce
- ✓ Using free-range eggs & local suppliers to reduce food miles
- ✓ Sourcing responsibly by using Red Tractor certified meat and Marine Stewardship Council fish (MSC)



Better For The Planet & Better For Us

As part of our carbon reduction strategy, we have moved to less carbon-intensive meats and introduced our **Green Earth Monday** initiative where all dishes served every Monday contain plant-based proteins. Plant-based proteins provide many nutritional benefits including:

Help to keep our heart healthy



Support a healthy digestive system



Rich in fibre, vitamins & minerals



Low in saturated fat

Allergen Management

At Edwards & Blake, all our colleagues are trained and up to date with allergen procedures and will provide accurate allergen information to your child.

If your child has allergies, we would ask that they speak to our server for information so that they can be provided with the information they need to make an informed and safe choice.



Eating School Lunch Is Better For Your Child

Did you know only 1% of packed lunches meet the nutritional standards that currently apply to school food? Five reasons school lunches are better;

- ✓ Save time & money
- ✓ Nutritionally better than a packed lunch
- ✓ Promotes a varied diet & encourages new tastes
- ✓ Inclusivity, dining with friends
- ✓ Help academic attainment by being linked to improved concentration

Free School Meals

Your child may be able to get free school meals if you get any of the following:

- ✓ Income Support
- ✓ Income-based Jobseeker's Allowance
- ✓ Income-related Employment and Support Allowance
- ✓ Support under Part VI of the Immigration and Asylum Act 1999
- ✓ The guaranteed element of Pension Credit
- ✓ Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- ✓ Working Tax Credit run-on paid for 4 weeks after you stop qualifying for Working Tax Credit
- ✓ Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals. Find out how to apply on your local authority's website or contact your school

Choosing a school meal
could save you up to
£11.70
per week:

AVERAGE
SCHOOL
MEAL COST
£2.23

AVERAGE
PACKED
LUNCH COST
£4.57