

WELCOME

FROM YOUR SCHOOL'S
CATERING PROVIDER



Edwards & Blake is the school 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 Purple Pepper, our vegetarian and vegan inspired range.

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.

We ask that your child speaks to our team if they want to know about specific allergens.

Healthy Eating Promotion

Good nutrition 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 Burrito Bar, Kati rolls, Build a Burger, Wrap Bar & Waffle Bar!



Meals Deal £2.35

Our meal deals are priced at £2.35 and include:

Hot Meal Deal - choose from any hot meal, homemade traybake or fruit pot

Cold Meal Deal - choose from any sandwich or baguette, homemade traybake or fruit pot

What's on the Menu

Our menus meet the Government's School food standards and meet the bronze Food for Life standards. 90% of meals are freshly prepared daily. Our service includes:

- ✓ **Club Breakfast** - filling & energising choices to start the day
- ✓ **Make your Break** - snacks and grab & go items
- ✓ **Lunch** - wide range of options; Star Dish, vegan and vegetarian and Hot to Go choices
- ✓ **Cold Grab & Go** - sandwiches, rolls & wraps, pasta pots and snacks
- ✓ **Leaf and Loaf** - delicious fresh salad
- ✓ **School Bakes** - homemade cakes, cookies, muffins and traybakes

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.

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:

- ✓ Rich in fibre, vitamins & minerals
- ✓ Low in saturated fat
- ✓ Support a healthy digestive system
- ✓ Help to keep our heart healthy



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
- ✓ Sourcing responsibly using Red Tractor-certified meat, Marine Stewardship Council fish (MSC),
- ✓ Using free-range eggs & local suppliers to reduce food miles
- ✓ Menus using seasonal produce



Eating a School Lunch is Better for Your Child

5 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

Only 1% of packed lunches meet the nutritional standards that currently apply to school food.

Choosing a school meal could save you £11.70 per week.

AVERAGE SCHOOL MEAL COST £2.23

AVERAGE PACKED LUNCH COST £4.57

A recent price comparison survey from School Health UK compared the cost of ingredients needed to provide a packed lunch from Asda, Tesco, Aldi, and Sainsbury's.

With retail food prices continuing to increase the comparisons showed packed lunches are 105% more expensive than school dinners.