

# Newham primary school meals meals (2 choice menu)

Weeks beginning: 18<sup>th</sup> April, 8<sup>th</sup> May, 5<sup>th</sup> & 26<sup>th</sup> June, 17<sup>th</sup> July, 11<sup>th</sup> September, 2<sup>nd</sup> October

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Meatballs in tomato sauce	Summer salmon salad wrap	Roast chicken with Yorkshire pudding	Lamb and vegetable jolloff rice	Fish fingers
<b>Vegetarian</b>	Butternut squash macaroni cheese	Cheese and tomato pizza	Shepherdess pie	Sweet potato and Quorn curry	Mixed bean burrito
<b>Carb Choice</b>	Spaghetti	Potato wedges	Roast potatoes	Rice	Chips
<b>Vegetable Choice</b>	Sweetcorn Fresh broccoli	Green Beans Fresh cauliflower	Organic carrots Cabbage	Mini corn cobette Mixed peppers	Garden peas Baked beans
<b>Dessert</b>	Fruit smoothie	Apple flapjack with custard	Fruit jelly & ice cream	Berry cheesecake	Lemon & courgette cake with custard
<b>Daily Options</b>	Fresh fruit platter / Fresh yoghurt / Cheese & biscuits / Homemade bread				

Menu from 18<sup>th</sup> April to 20<sup>th</sup> October 2017

# Newham primary school meals meals (2 choice menu)

Weeks beginning: 24<sup>th</sup> April, 15<sup>th</sup> May, 12<sup>th</sup> June, 3<sup>rd</sup> July, 24<sup>th</sup> July, 18<sup>th</sup> September, 9<sup>th</sup> October

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Oven baked sausages	Homemade lasagne	Roast turkey with stuffing	Homemade chicken tagine	Fish in batter with fresh lemon
<b>Vegetarian</b>	Sticky Quorn sausages	Vegetable moussaka	Spinach & feta pinwheel	Chick pea dhal	Homemade vegetable bean burger
<b>Carb Choice</b>	Mashed potato	Freshly baked focaccia	Roast potatoes	Cous cous Rice	Chips
<b>Vegetable Choice</b>	Sweetcorn Green beans	Fresh cauliflower Garden peas	Organic carrots Cabbage	Fresh broccoli Mixed peppers	Garden peas Baked beans
<b>Dessert</b>	Pancakes with fruit and ice cream	Eton mess cake	Date and apple sponge with custard	Fruit and strawberry yoghurt ice cream	Peach and pear crumble with custard
<b>Daily Options</b>	Fresh fruit platter / Fresh yoghurt / Cheese & biscuits / Homemade bread				

Menu from 18<sup>th</sup> April to 20<sup>th</sup> October 2017

# Newham primary school meals meals (2 choice menu)

Week beginning: 2<sup>nd</sup> May, 22<sup>nd</sup> May, 19<sup>th</sup> June, 10<sup>th</sup> July, 4<sup>th</sup> September, 25<sup>th</sup> September, 16<sup>th</sup> October

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Spaghetti Bolognese	Fish fingers	Roast Beef/Lamb	Jerk chicken drumsticks	White fish bake
<b>Vegetarian</b>	Vegetable & Quorn stir fry	Cheese, tomato and broccoli quiche	Homemade Spanish omelette	Vegetable, lentil and coconut curry	Jacket potato with cheese and beans
<b>Carb Choice</b>	Egg noodles	New potatoes	Roast potatoes	Rice & peas	Cajun jacket wedges
<b>Vegetable Choice</b>	Fresh cauliflower Broccoli	Roasted vegetables Green beans	Organic carrots Cabbage	Sweetcorn Jamaican slaw	Baked beans Garden peas
<b>Dessert</b>	Raspberry mousse slice	Citrus & coconut sponge with custard	Fresh fruit meringue nests	Banana cake with custard	Beetroot and chocolate brownie
<b>Daily Options</b>	Fresh fruit platter / Fresh yoghurt / Cheese & biscuits / Homemade bread				

Menu from 18<sup>th</sup> April to 20<sup>th</sup> October 2017