

# Newham secondary school meals menu

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



## Week 1

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	BBQ Sausages Vegetable and chick pea curry (V)	Lamb & vegetable jolloff rice Veggie spaghetti bolognese (V)	Roast lamb/beef and yorkshire pudding Cheese and vegetable slice (V)	Lasagne Allo gobi curry with vegetable samosa (V)	Fish in batter Red pepper and courgette frittata (V)
'Lite Bite'	'Bad Boy' Chicken burrito	Fish burger with lemon mayo	Lebanese chicken flatbread	Piri piri chicken wings	BBQ pulled chicken wrap
Sides	Mashed potatoes Naan bread	Focaccia	Roast or new potatoes	Rice Garlic bread	Chips Mashed potatoes
Vegetables & Salads	Spiced green beans Organic carrots	Broccoli Sweetcorn	Seasonal fresh vegetables	Italian style salad Special 'slaw	Peas Baked beans
Dessert	Scotch pancakes with fruit and ice cream (V)	Eve's pudding with custard (V)	Lemon drizzle cake (V)	Apple and berry crumble with custard (V)	Fruit flapjack and ice cream (V)

All items subject to availability  
All meat served is Halal

Selection of hot wraps, pasta pots, sandwiches, rolls, jacket potatoes, fruit & yoghurt also available daily



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## Week 2

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Spaghetti Bolognese Spinach and feta whirl (V)	Jerk chicken Roast vegetable lasagne (V)	Roast chicken and stuffing Quorn and sweet potato curry (V)	Thai red beef curry Cheese and leek flan (V)	Cod fillet in breadcrumbs Mexican bean burger (V)
'Lite Bite'	Meatball sub roll Marinara melt	Chicken and mixed bean fajita with salsa	Summer salmon wrap with lemon mayonnaise	Greek style chicken gyros	Gourmet burger with coleslaw
Sides	Potato wedges	Rice and peas Foccacia	Roast vegetables Rice	Egg noodles New potatoes	Peas Baked beans
Vegetables & Salads	Broccoli Organic carrots	Plantain Italian salad	Fresh seasonal vegetables, salads	Spicy asian salad Sweetcorn	Chunky fruit salad with ice cream
Dessert	Banana loaf and custard (V)	Chocolate sponge and chocolate sauce (V)	Manadari and kiwi cheesecake (V)	Carrot cake (V)	Chunky fruit salad with ice cream (V)

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## Week 3

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Chicken tikka masala  Spanish omellete (V)	'New Yorker' meatballs  Veggie chilli dog (V)	Roast turkey with stuffing  Creamy vegetable pie (V)	Chilli con carne  Vegetarian keema with raita (V)	Cod fillet in batter  Oriental Quorn and vegetable stir fry (V)
'Lite Bite'	Pulled chicken in a brioche bun	Felafel with houmous (V)	Classic club chicken sub roll	Moroccan chicken cous cous	Southern seasoned chicken wings
Sides	Rice Potato wedges	Spaghetti Pitta bread	Roast potatoes New potatoes	Rice Naan bread	Chips Egg noodles
Vegetables & Salads	Spicy green beans Sweetcorn	Italian mixed salad	Seasonal fresh vegetables	Mexican bean salad Kacumber salad	Peas Baked beans
Dessert	Frozen strawberry yoghurt with summer fruits (V)	Apple and apricot pie with ice cream (V)	Plum and cinnamon crumble with custard (V)	Coconut and raspberry sponge (V)	Chocolate mousse (V)

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All meat served is Halal

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