

Newham primary school meals meals (2 choice menu)

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

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

Newham primary school meals meals (2 choice menu)

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

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Oven baked sausages	Homemade lasagne	Roast turkey with stuffing	Homemade chicken tagine	Fish in batter with fresh lemon
Vegetarian	Sticky Quorn sausages	Vegetable moussaka	Spinach & feta pinwheel	Chick pea dhal	Homemade vegetable bean burger
Carb Choice	Mashed potato	Freshly baked focaccia	Roast potatoes	Cous cous Rice	Chips
Vegetable Choice	Sweetcorn Green beans	Fresh cauliflower Garden peas	Organic carrots Cabbage	Fresh broccoli Mixed peppers	Garden peas Baked beans
Dessert	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
Daily Options	Fresh fruit platter / Fresh yoghurt / Cheese & biscuits / Homemade bread				

Newham primary school meals meals (2 choice menu)

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

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