



# YOUR MENU

Week Beginning: 28 Oct, 18 Nov, 9 Dec, 13 Jan, 3 Feb, 2 Mar, 23 Mar

WEEK 1

Main Choice

Vegetarian

Side Dishes

Dessert

Daily Options

Monday

Burger in Bun with Jacket Wedges

Quorn & Pepper Fajita

Sweetcorn  
Fresh Broccoli

 Pear & Peach  
Crumble with Custard

Tuesday

Spaghetti Bolognese (Lamb)

Cheese & Leek Pie

Organic Carrots  
Garden Peas

 Fruity Flapjack

Wednesday

Roast Chicken & Stuffing with Roast Potatoes

Butternut Squash & Spinach Tart & Roast Potatoes

Fresh Seasonal Vegetables

 Sticky Orange Cake with Custard

Thursday

Lamb Tikka Masala with Rice

Cheese, Tomato & Sweetcorn Pizza

Organic Carrots  
Green Beans

 Chocolate Sponge with Chocolate Custard

Friday

Salmon Goujons with Chips

Quorn Sausage 'Toad in the Hole' With Chips

Garden Peas  
Baked Beans

Fruit, Jelly & Ice Cream

Fresh Fruit / Fresh Organic Yoghurt / Cheese & Biscuits / Homemade Bread • Unlimited salad and vegetables and freshly made sandwiches

Eat for Free Scheme funded by

Newham London



Meat served at this school is Halal

KEY:



- Sugar Smart



- Children's Favourite



- Vegan

DINEin  
AND DISCOVER



# YOUR MENU

Week Beginning: 4 Nov, 25 Nov, 16 Dec, 20 Jan, 10 Feb, 9 Mar, 30 Mar

WEEK 2

## Main Choice

## Vegetarian

## Side Dishes

## Dessert

## Daily Options

### Monday

Meatballs with Pasta  
& Tomato Sauce

Vegetable Biryani  
with Dhal

Fresh Broccoli  
Mixed Vegetables

Raspberry Ice Cream  
Sponge Roll

### Tuesday

Lamb & Vegetable  
Jollof Rice

Vegetarian Lasagne  
with Foccacia

Mini Corn on the Cob  
Organic Carrots

 Apple Crumble  
with Custard

### Wednesday

Roast Turkey with  
Yorkshire Pudding &  
Roast Potatoes

Cheese & Onion  
Slice & Roast Potatoes

Fresh Seasonal  
Vegetables

 Fruit Cheesecake

### Thursday

Greek Style Souvlaki  
Chicken with Rice

Quorn & Sweet  
Potato Curry with Rice

Sweetcorn  
Green Beans

 Lemon & Courgette  
Cake with Custard

### Friday

Fish in Batter with  
Jacket Wedges

Veggie Burger with  
Jacket Wedges

Garden Peas  
Baked Beans

Frozen Yoghurt  
With Fruit

Fresh Fruit / Fresh Organic Yoghurt / Cheese & Biscuits / Homemade Bread • Unlimited salad and vegetables and freshly made sandwiches

Meat served at this school is Halal

KEY:



- Sugar Smart



- Children's Favourite



- Vegan

Eat for Free Scheme funded by

Newham London



**DINEin**  
AND DISCOVER



# YOUR MENU

Week Beginning: 11 Nov, 2 Dec, 6 Jan, 27 Jan, 24 Feb, 16 Mar

WEEK 3

## Main Choice

## Vegetarian

## Side Dishes

## Dessert

## Daily Options

### Monday

Baked Sausage with  
Mashed Potatoes

Vegetable & Lentil  
Curry with Rice

Mixed Vegetables  
Garden Peas

 Rice Pudding  
with Jam

### Tuesday

Minced Lamb &  
Vegetable Pie  
with Chips

Tuscan Vegetable  
& Mixed Bean  
Pasta Bake

Sweetcorn  
Broccoli

 Raspberry &  
Coconut Slice  
with Custard

### Wednesday

Roast Lamb &  
Yorkshire Pudding  
with New Potatoes

Cheese & Tomato  
Pizza

Fresh Seasonal  
Vegetables

 Chocolate  
& Mandarin  
Mousse

### Thursday

Chicken Korma  
with Rice

Macaroni Cheese

Green Beans  
Organic Carrots

 Lemon & Banana  
Cake with Custard

### Friday

Fish Burger with  
Jacket Wedges

Veggie Keema &  
Naan Bread

Baked Beans  
Garden Peas

Waffles with Fruit  
& Ice Cream

Fresh Fruit / Fresh Organic Yoghurt / Cheese & Biscuits / Homemade Bread • Unlimited salad and vegetables and freshly made sandwiches

Meat served at this school is Halal

KEY:



- Sugar Smart



- Children's Favourite



- Vegan



**DINEin**  
AND DISCOVER