

FREE salad bar selection with every choice!

All meat served at this school is Halal. All items are subject to availability.

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose from:	Choose from:	Choose from:	Choose from:	Choose from:
Tuna Pizza	Roast Lamb & Yorkshire Pudding	Chicken & Jolloff Rice	Lamb Buritto	Fish in Batter
Cheese & Tomato Pizza	Mac 'n' Cheese	Vegetable Samosa with Dhal	Quorn & Sweet Potato Curry & Rice	Southern Style Veggie Burger in Wholemeal Bun
Sides:	Sides:	Sides:	Sides:	Sides:
New Potatoes, Sweetcorn, Salads	Roast Potatoes, Seasonal Veg, Salads	Naan Bread, Green Beans, Salads	Coleslaw, Organic Carrots, Salads	Jacket Wedges, Beans, Peas, Salads
Dessert:	Dessert:	Dessert:	Dessert:	Dessert:
Apple Flapjack	Chocolate & Mandarin Mousse	Tropical Fruit Traybake	Apricot Shortcake with Greek Yoghurt	Jelly, Fruit & Ice Cream

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose from:	Choose from:	Choose from:	Choose from:	Choose from:
Tuna Hoagie Melt	Roast Chicken with Sage & Onion Stuffing	Sweet & Sour Chicken & Savoury Rice	Tuscan Lamb Pasta Bake	Fisherman's Pie
Vegetarian Lasagne	Vegetarian Lentil Shepherd's Pie	Vegetable & Quorn Enchilada	Roast Vegetable Pie	Jacket Potato with Veggie Chilli
Sides:	Sides:	Sides:	Sides:	Sides:
Focaccia, Sweetcorn, Salads	Mashed Potatoes, Seasonal Veg, Salads	Green Beans, Salads	Organic Carrots, Broccoli, Salads	Jacket Wedges, Peas, Beans, Salads
Dessert:	Dessert:	Dessert:	Dessert:	Dessert:
Oat & Raisin Cookie	Jelly, Fruit & Ice Cream	Mango & Pineapple Crumble with Custard	Lemon Sponge Slice	Waffle with Fruit & Ice Cream

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose from:	Choose from:	Choose from:	Choose from:	Choose from:
Vegetarian Spaghetti Bolognese	Roast Turkey with Sage & Onion Stuffing	Spicy Tuna Pizza	Kickin' Chicken Wrap	Lemon & Herb Crusted Fish
Quorn Hot Dog with Onions	Cheese & Leek Quiche	Chickpea & Potato Curry	Moroccan Style Veggie Balls with Couscous	Vegetable Stir Fry with Egg Noodles
Sides:	Sides:	Sides:	Sides:	Sides:
Jacket Wedges, Broccoli, Salads	New Potatoes, Seasonal Veg, Salads	Rice, Green Beans, Raita, Salads	Mini Corn on the Cob, Salad Selection	Wedges, Beans, Peas, Salads
Dessert:	Dessert:	Dessert:	Dessert:	Dessert:
Chocolate & Beetroot Brownie	Fruit Ice Lolly	Lemon & Banana Loaf	Dorset Apple Cake & Custard	Scotch Pancake with Fruit

Eat for Free Scheme funded by:
Newham London



MENU DATES FOR REBECCA CHEETHAM NURSERY

Week 1: 23rd Apr, 13th May, 10th Jun, 1st Jul, 22nd Jul, 2nd Sep, 23rd Sep, 14th Oct

Week 2: 29th Apr, 20th May, 17th Jun, 8th Jul, 9th Sep, 30th Sep

Week 3: 6th May, 3rd Jun, 24th Jun, 15th Jul, 16th Sep, 7th Oct



REBECCA CHEETHAM NURSERY