

Newham Primary School

Menu from 11th April 2016 to 21st October 2016



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Cod Fillet & Parsley Sauce with New Potatoes*	Jacket Potatoes with Tuna & Sweetcorn	Fish Crunchy with Roast or Boiled Potatoes	Salmon, Broccoli & Cherry Tomato Pasta Bake*	Fish Goujons in Batter with Potato Wedges
Meat Choice	Lasagne (Beef/Lamb)** with Garlic Bread	Creamy Chicken & Leek Pie with Mashed Potatoes*	Roast Beef/Lamb** with Roast or Boiled Potatoes	Sausages in BBQ Sauce with Mashed Potatoes	Sweet & Sour Chicken with Rice*
Vegetarian Choice	Cheese & Onion Slice with New Potatoes	Vegetarian Pasta Bake*	Potato & Chick Pea Curry with Rice & Naan*	Vegetarian Shepherd's Pie*	Spanish Omelette with Potato Wedges*
Vegetable Selection	Carrots Broccoli	Mixed Vegetable Sweetcorn	Fresh Seasonal Vegetables	Baked Beans Carrots	Sweetcorn Peas
Dessert	Raspberry Ripple Ice Cream Sponge Roll	Chocolate Brownie With Ice Cream*	Pancakes with Fruit Salad & Dream Topping	Apple Crumble & Custard*	Seasonal Fruit Salad & Ice Cream

Notes:

*indicates 'home made' dish

** please show preference

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Fish Korma with Rice*	Spicy Tuna Pasta Bake*	'Italian' Style Cod Fillet with Tomato & Cheese with Roast or Boiled Potatoes *	Wholemeal Tuna Hoagie Melt*	Fish Fingers with Chips
Meat Choice	Southern Seasoned Chicken* with Mashed Potatoes	Lamb & Vegetable Jolloff Rice*	Roast Chicken* & Stuffing with Roast or Boiled Potatoes	Lamb & Vegetable Tikka Masala with Rice*	Chicken & Vegetable Paella*
Vegetarian Choice	Quorn Frankfurter in a Roll with Onions & Potato Salad	Cheese & Tomato Pizza	Roast Vegetable & Mixed Bean Risotto*	Vegetarian Bolognese Pasta Bake*	Lentil, Spinach & Paneer Curry with Rice & Naan*
Vegetable Selection	Baked Beans Broccoli	Sweetcorn Peas	Fresh Seasonal Vegetables	Mixed Vegetables Carrots	Peas Sweetcorn
Dessert	Frozen Fruit Yoghurt & Pineapple	Lemon Sponge with Custard*	Fruit Flapjack with Dream Topping*	Chocolate Sponge with Chocolate Sauce*	Fruit Jelly & Ice Cream

Notes:

*indicates 'home made' dish

** please show preference

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Salad Nicoise with New Potatoes, Tuna, Egg & Green Beans*	Lemon & Herb Salmon Fillet with New Potatoes*	White Fish Bake with Roast or Boiled Potatoes	Jacket Potatoes with Tuna	Fish Crunchy with Potato Wedges
Meat Choice	Sausages in Onion Gravy with Mashed Potatoes	BBQ Chicken with New Potatoes*	Roast Beef/Lamb with Roast or Boiled Potatoes**	Spaghetti Bolognese (Beef/Lamb)**	Chicken & Sweetcorn Pie with Potato Wedges*
Vegetarian Choice	Vegetable & Quorn Stir Fry with Noodles*	Vegetable Lasagne* with Garlic Bread	Veggie Fajitas with Mexican Rice*	Wholemeal Cheese Hoagie Melts	Tomato & Basil Flan with Potato Wedges*
Vegetable Selection	Carrots Peas	Sweetcorn Broccoli	Fresh Seasonal Vegetables	Mixed Vegetables Sweetcorn	Baked Beans Peas
Dessert	Chocolate Sponge Ice Cream Roll	Banana Cake & Custard*	Orange & Mango Frozen Smoothies	Plum Crumble with Custard*	Seasonal Fruit Salad* with Ice Cream

Notes:

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** please show preference

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Herby Cod Fillet with Cous Cous & Spicy Tomato Sauce*	Tuna & Sweetcorn Pizza	Cod Fillet with Cheese Sauce with Roast or Boiled Potatoes*	Tuna & Salad Wrap*	Fish in Batter with Chips
Meat Choice	Chicken Tikka Wrap with Peppers & Onions*	Cottage Pie (Beef/Lamb)**	Roast Chicken & Stuffing with Roast or Boiled Potatoes*	Beef /Lamb** Burger in a Bun with Salad	Lamb Keema with Naan Bread & Raita*
Vegetarian Choice	Spaghetti & Quorn'Meatballs' in Tomato Sauce*	Quorn & Sweet Potato Curry with Rice*	Butternut Squash Macaroni Cheese*	Vegetarian Chilli with Rice & Tortilla	Italian Potato & Mixed Bean Bake*
Vegetable Selection	Green Beans Mixed Vegetables	Sweetcorn Baked Beans	Fresh Seasonal Vegetables	Broccoli Carrots	Peas Baked Beans
Dessert	Ice Cream & Peaches	Jam & Coconut Sponge with Custard	Chocolate Mousse	Strawberry & Kiwi Cheesecake	Fruit,Jelly & Ice Cream

Notes:

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** please show preference