



## OUR QUALITY MARKS

At Juniper we pride ourselves on serving quality food using fresh, sustainable and traceable ingredients and high street brands



We have achieved the Food for Life Mark. Over 80% of the food we serve is cooked from fresh, seasonal, traceable, and sustainable ingredients



We serve accredited organic produce



We use fish farmed by sustainable methods



Sugar Smart with Change 4 life. Helping children cut back on sugar



We only serve free range eggs



Our McCain potatoes are 100% British



Quality fresh best of both bread used in our menus



We serve healthy Quorn products



We support the Fairtrade industry, all our bananas are certified

## WE CATER FOR ALLERGIES AND SPECIAL DIETS

We cater for most special dietary needs following advice and guidance from your GP. Please speak to your school and we will arrange everything for you. Every kitchen holds allergen advice on every dish we serve, please ask if you have any concerns or require any information on the food we serve.

## OPPORTUNITIES TO WORK FOR US

As a leading provider of catering and cleaning services we offer a range of opportunities that suit our service and fit the needs of our staff. We are keen to hear from team orientated and friendly people who wish to join us. Our catering assistants work on a term time basis usually working 2-3 hours a day over the lunchtime period. Our cleaners usually work for 3 hours per day in the late afternoon. If you're interested please contact our recruitment partner Newham Workplace on 020 3373 1101 or by e-mail to: [workplace.engagementteam@newham.gov.uk](mailto:workplace.engagementteam@newham.gov.uk)

## HEALTHY EATING HINTS AND TIPS

We are big supporters of the Change4life campaign. We know children who eat a healthy balanced meals are happier and perform better in the classroom, look out for our hints and tips on how to get your family eating better

Eat more fruit and vegetables:  
Why not hide them in meals and desserts?

Get children excited about healthy eating. Download the change4life food scanner app and use when you go food shopping



## GET IN TOUCH

We are always open to your feedback or thoughts. We want to hear from you if you have any feedback, questions or tips on how we can make our service better for you and your children

Address: The Old Town Hall, 29 Broadway, Stratford, London E15 4BQ

Email: [contactus@juniperventures.co.uk](mailto:contactus@juniperventures.co.uk)

Web: [www.juniperventures.co.uk](http://www.juniperventures.co.uk)

Follow us and keep up to date with the latest news



Cut down on sugar, look for sugar swaps on [www.nhs.uk/change4life/](http://www.nhs.uk/change4life/)



# WEEK 1

## Choice 1

## Choice 2

## Vegetarian

## Side Dishes

## Dessert

### Monday

Burger in Bun with Salad & Coleslaw

Sweetcorn  
Fresh Broccoli

 Pear & Peach  
Crumble with Custard

### Tuesday

 Spaghetti Bolognese (Lamb)

Fish & Vegetable  
Crumble

Quorn & Pepper Fajita

Organic Carrots  
Garden Peas

 Fruity Flapjack

### Wednesday

Roast Chicken & Stuffing with Roast Potatoes

Fish in Batter with Roast Potatoes

 Chickpea & Potato Curry with Rice

Fresh Seasonal  
Vegetables

 Sticky Orange Cake with Custard

### Thursday

Lamb Tikka Masala with Rice

Tuna Pizza

Pizza with Olives & Tomato

Mini Corn on the Cob  
Green Beans

 Chocolate Sponge with Chocolate Custard

### Friday

BBQ Chicken with Chips

Fish Fingers with Chips

Quorn Sausage 'Toad in the Hole' with Chips

Garden Peas  
Baked Beans

Fruit, Jelly & Ice Cream

## Daily Options

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

Week 1: 28 Oct, 18 Nov, 9 Dec, 13 Jan, 3 Feb, 2 Mar, 23 Mar



## Choice 1

## Choice 2

## Vegetarian

## Side Dishes

## Dessert

### Monday

Meatballs with Pasta & Tomato Sauce

Fish Burger with Coleslaw & Salad

 Vegetable Biryani with Dhal

Fresh Broccoli  
Mixed Vegetables

Raspberry Ice Cream  
Sponge Roll

### Tuesday

Lamb & Vegetable Jollof Rice

Jacket Potato with Tuna

Vegetarian Lasagne with Focaccia

Mini Corn on the Cob  
Organic Carrots

 Apple Crumble with Custard

### Wednesday

 Roast Turkey with Yorkshire Pudding & Roast Potatoes

Fish in Breadcrumbs & Roast Potatoes

Cheese & Onion Slice & Roast Potatoes

Fresh Seasonal  
Vegetables

 Fruit Cheesecake

### Thursday

Greek Style Souvlaki Chicken with Rice

Fish & Sweet Potato Curry with Rice

Oriental Vegetable Stir Fry Noodles

Sweetcorn  
Green Beans

 Lemon & Banana Cake with Custard

### Friday

Mexican Chicken Wrap

Fish in Batter with Jacket Wedges

 Vegan Burger with Jacket Wedges

Garden Peas  
Baked Beans

Waffles with Fruit & Ice Cream

## Daily Options

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

Week 2: 4 Nov, 25 Nov, 16 Dec, 20 Jan, 10 Feb, 9 Mar, 30 Mar



## Choice 1

## Choice 2

## Vegetarian

## Side Dishes

## Dessert

### Monday

Baked Sausages with New Potatoes

Tuna Salad Wrap

 Vegetable & Lentil Curry with Rice

Mixed Vegetables  
Garden Peas

 Rice Pudding with Jam

### Tuesday

Minced Lamb & Vegetable Pie with Chips

Fish in Breadcrumbs with Chips

Tuscan Vegetable Pasta Bake

Sweetcorn  
Broccoli

 Raspberry & Coconut Slice with Custard

### Wednesday

Roast Lamb & Yorkshire Pudding with New Potatoes

Italian Style Fish Fillet with New Potatoes

Macaroni Cheese & Focaccia

Fresh Seasonal  
Vegetables

Chocolate & Mandarin Mousse

### Thursday

 Chicken Korma with Rice

Fish Biryani

Cheese & Tomato Pizza

Green Beans  
Roast Peppers

 Lemon & Banana Cake with Custard

### Friday

Chicken & Sweetcorn Pasta Bake

Fish Fingers with Jacket Wedges

Veggie Keema with Naan Bread

Baked Beans  
Garden Peas

Waffles with Fruit & Ice Cream

## Daily Options

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

Week 3: 11 Nov, 2 Dec, 6 Jan, 27 Jan, 24 Feb, 16 Mar

Eat for Free Scheme funded by



Meat served at this school is Halal

KEY:  - Sugar Smart  - Children's Favourite  - Vegan



# CURWEN PRIMARY SCHOOL

QUALITY FOOD  
**FRESH**  
INGREDIENTS