Curwen\_Primary.indd 1 12/10/2018 14:03

## - April 2019



## October 2018





Newham London



We will also cater for any special dietary needs for pupils in school following advice and guidance from your GP – just speak to your school and we can get everything arranged quickly. Every school kitchen holds allergen advice on every dish we prepare each day so please ask the cook in your school in the first instance for details if you have concerns.

Primary school aged children are able to receive one of our hot, tasty and nutritious meals every day as part of the Government's Universal Infant Free School Meal scheme and the Newham Eat For Free scheme.

At Juniper Ventures, over 80% of the food we serve is cooked from fresh ingredients, each day on site in your school. Our menus have been accredited by the Soil Association Food for Life scheme, which ensures meals are made up of seasonable, traceable, healthler, sustainable and fresh ingredients, free from trans-fats and nasty additions.

www.change4life.co.uk

You'll find lots more tips for getting healthy at

Drink plenty of water

Eat less salt Eat more oily fish, like mackerel or salmon

Eat lots of fresh fruit and vegetables

Healthy eating tips:

happier and perform better in the classroom.

Cheese and biscuits Fresh fruit and organic yoghurt

Fresh salads

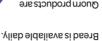
Soil Association - Food For Life











Freshly baked Hovis

potatoes are now 100% British.

Rooted in Britain. All McCain

made from 100% fish fillet.

Fish Fingers are a fantastic

and exercise.

sonuce of protein and ours are

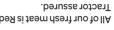


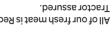


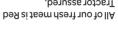


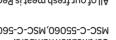
paid fairly.

Tractor assured.













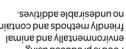
caught using sustainable Council certified. Fish are



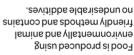
Fish is Marine Stewardship

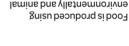


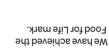








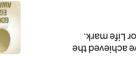






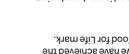
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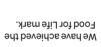


Address: The Old Town Hall, 29 Broadway, Stratford, London, E15 4BQ questions, comments or want to send us some recipe ideas get in touch! We want to know what you think about our food so if you have any



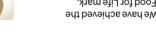




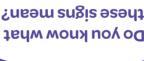


















Website: www.juniperventures.co.uk Email: info@juniperventures.co.uk

**GET IN TOUCH WITH US** 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Burger in a Bun with Spicy Wedges	Lamb & Vegetable Tikka Masala with Basmati Rice	Roast Turkey, Stuffing, Gravy & Roast Potatoes	Chicken & Sweetcorn Pasta Bake	Lamb Keema with Naan Bread
Fisherman's Pie	Fish & Vegetable Risotto	Breaded Fish with Lemon & Roast Potatoes	Wholemeal Hoagie Tuna Melt	Fish Fingers with Chips
Chick Pea & Potato Curry with Peshwari Bread	Vegetarian Lasagne	Cheese Flan with Roast Potatoes	Cheese & Tomato Pizza	Quorn Chilli Dog with Chips
Mini Corn on the Cob	Fresh Cauliflower	Organic Carrots	Sweetcorn	Garden Peas
Mixed Vegetables	Garden Peas	Cabbage	Fresh Broccoli	Baked Beans
Apple & Raisin Crumble with Custard	Apricot Flapjack	Rice Pudding with Peaches	Orange & Lemon Cheesecake	Fruit, Jelly & Ice Cream

# WEEK S

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Sausages with Mashed Potatoes	Spaghetti Bolognese	Roast Lamb, Yorkshire Pudding & Roast Potatoes	Lamb & Vegetable Jolloff Rice	Chicken & Vegetable Pie with Jacket Wedges
Jacket Potato with Tuna & Sweetcorn	Cod Fillet in Cheese Sauce with New Potatoes	Breaded Fish with Roast Potatoes	Fish Fingers in a Bun with Salad	Tuna & Sweetcorn Pizza
Wholemeal Winter Crumble with Mashed Potatoes	Veggie Quesadilla	Quorn & Sweet Potato Curry with Rice	Roast Vegetable Pasta Bake	Vegetable & Lentil Curry with Rice
Fresh Cauliflower	Broccoli	Organic Carrots	Mini Corn on the Cob	Garden Peas
Mixed Vegetables	Sweetcorn	Garden Peas	Mixed Peppers	Baked Beans
Chocolate & Mandarin Mousse	Peach Melba Sponge with Custard	Tropical Fruit Slice	Plum Crumble with Custard	Fresh Fruit Salad & Ice Cream

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti & Meatballs in Marinara Sauce	Shepherd's Pie	Roast Chicken, Yorkshire Pudding, Gravy with Roast Potatoes	Lasagne	Jerk Chicken with Rice & Peas
Tuna Pasta Bake	Fisherman's Potato Bake	Lemon & Herb Crunchy Crusted Cod  with Roast Potatoes	Fish in Creamy Coconut Curry with Rice	Fish Fillet in Batter with Chips
Spanish Omelette with Baguette Slice	Vegetable Samosa with Rice, Dhal & Raita	Quorn Sausage 'Toad in the Hole' with Roast Potatoes	Veggie Burger in Wholemeal Bun with Salad	Vegetarian Chilli with Chips
Garden Peas	Sweetcorn	Organic Carrots	Country Vegetables	Baked Beans
Roasted Vegetables	Green Beans	Cauliflower	Garden Peas	Caribbean 'Slaw
Peaches & Custard	Chocolate & Orange Sponge with Chocolate Sauce	Fruit Smoothie	Lemon & Banana Slice with Custard	Fruit Trifle

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

## MENU DATES FOR CURWEN PRIMARY SCHOOL

WEEK 1 WEEK 2 WEEK 3 MARCH 2019 M T W T

**Additional Daily Food Options** 

- Freshly Baked Additional Hovis Bread
- Salad Bar
- Fresh Fruit
- Yoghurt
- Cheese & Biscuits

OCTOBER 2018 M T W T F S S M T W T F S S 1 2 3 4 5 6 7 1 2 3 4 4 5 6 7 8 9 10 11 22 23 24 25 26 27 28

NOVEMBER 2018

DECEMBER 2018 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23

7 8 9 10 11 12 13

JANUARY 2019

FEBRUARY 2019 4 5 6 7 8 14 15 16 17 18 19 20 11 12 13 14 15 16 17 21 22 23 24 25 26 27 18 19 20 21 22 23 24 18 19 20 21 22 23 24

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**CURWEN PRIMARY SCHOOL** 

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