

We want to know what you think about our food so if you have any questions, comments or want to send us some recipe ideas get in touch!

GET IN TOUCH WITH US



All of our fresh meat is Red Tractor assured.



Fish is Marine Stewardship Council certified. Fish are caught using sustainable fishing methods. MSC-C-55060, MSC-C-56023.



Food is produced using environmentally and animal friendly methods and contains no undesirable additives.



We have achieved the Food for Life mark.



Farmers and workers who grow our bananas get paid fairly.



Quorn products are served on our menu.



Freshly baked Hovis Bread is available daily.



Rooted in Britain. All McCain potatoes are now 100% British.



Fish Fingers are a fantastic source of protein and ours are made from 100% fish fillet.



Eggs are free range and chickens enjoy fresh air and exercise.

Do you know what these signs mean?



Free School Meals

School meals offer your child a healthy and balanced diet. In addition to the main menu, children can choose from a daily selection of:

- Home baked bread
- Fresh salads
- Fresh fruit and organic yoghurt
- Cheese and biscuits

We believe children who are healthy and well-fed are happier and perform better in the classroom.

Healthy eating tips:

- Eat lots of fresh fruit and vegetables
- Eat more oily fish, like mackerel or salmon
- Eat less salt
- Drink plenty of water

You'll find lots more tips for getting healthy at www.change4life.co.uk

Soil Association - Food For Life







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 seasonal, traceable, healthier, sustainable and fresh ingredients, free from trans-fats and nasty additives. 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. 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.








October 2018 - April 2019









WEEK 1

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 2

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

WEEK 3

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

OCTOBER 2018	NOVEMBER 2018	DECEMBER 2018	JANUARY 2019	FEBRUARY 2019	MARCH 2019
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WEEK 1
WEEK 2
WEEK 3

Additional Daily Food Options

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

CURWEN PRIMARY SCHOOL