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Eat for Free Scheme funded by

Newham London

YOUR MENU@ RWEN

1st November 2021 to 1st April 2022

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				Alter States	M.F. L. W. Frankling
	WEEK I	Monday	Tuesday	Wednesday	Thursday
	Main Choice	Burger in Bun served with Salad & Jacket Wedges	Lasagne (Lamb) served with a Garlic Slice	Roast Chicken & Stuffing served with Roast Potatoes	Lamb Tikka Masala served with Rice
1	Second Choice	Fish Finger Wrap 🔹	Fish Pie	'Fish of the Day' served with Roast Potatoes	Tuna Pizza
	Extra Choice	Chickpea & Potato Curry with Rice	Veggie Sausage 'Toad in the Hole' with Mashed Potatoes	Butternut Squash & Spinach Tart with Roast Potatoes	Home-made Pizza wi Olives & Tomato
*	Vegetable Selection	Fresh Broccoli Sweetcorn	Fresh Carrots Garden Peas	Fresh Seasonal Vegetables	Sweetcorn Gr <mark>een</mark> Beans
	Dessert of the Day	Peach Crumble served with Custard	Sweet Potato Slice served with Ice Cream	Banana Flapjack ě	Chocolate Sponge wi Chocolate Custard
	Daily Options	CONTRACTOR ON CONTRACTOR	Salad Bar / Deli Options / Fresh	ly Baked Bread / Fresh Fruit / Fr	uit Yoghurt / Cheese & Bis
			WEEK I Beginn	ning: 1 Nov, 22 Nov, 13 Dec, 3	3 Jan, 24 Jan, 21 Feb, 1







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& Biscuits

Feb, 14 Mar

Friday

Baked Sausage served with Chips

Fish Fingers served with Chips

Quorn & Pepper Fajita served with Chips $(\mathbf{\gamma})$

> Garden Peas **Baked Beans**

Fruit, Jelly & Ice Cream

AND DISCOVER



YOUR MENU@

1st November 2021 to 1st April 2

2022		
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		and the second	Alter and the second	A.F.L. WE WARD
WEEK 2	Monday	Tuesday	Wednesday	Thursday
Main Choice	`New York' Style Meatballs served with Penne Pasta	Jollof Rice served with Lamb & Vegetables	Roast Turkey served with Yorkshire Pudding & Roast Potatoes	Greek Style Souvla Chicken served wi Rice
Second Choice	Fish Finger & Pea Puree Wrap	Fish Curry served with Rice	Fish of the Day' served with Roast Potatoes	Tuna Hoagie Melt
Extra Choice	'Sweet Carolina' Veggie Burger in Wholemeal	Quorn Katsu Curry served with Coriander Rice	Sweet Potato Macaroni Cheese with Focaccia	Ratatouille Ravioli wit Tomato & Lentil Rag
Vegetable Selection	Fresh Broccoli Mixed Vegetables	Sweetcorn Fresh Carrots	Fresh Seasonal Vegetables	Sweetcorn Green Beans
Dessert of the Day	Frozen Yoghurt with Fruit	Raspberry Marble Cake with Custard	Chocolate Cheesecake	Lemon & Courgette Cake with Custard
Daily Options		Salad Bar / Deli Options / Fresh	lly Baked Bread / Fresh Fruit / Fr	uit Yoghurt / Cheese & Bis
	and the states	WEEK 2 Beginnin	ng: 8 Nov, 29 Nov, 20 Dec, 1	0 Jan, 31 Jan, 28 Feb, 2







Meat served at this school is Halal & non Halal



KEY: 🔞 - Plant Based 🎱 - Sugar Smart 🔊 - New Dish

CURWEN

Souvlaki ed with

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rgette stard 台

& Biscuits

Feb, 21 Mar

Friday

Peri Peri Chicken served with Jacket Wedges

Fish Burger served with Jacket Wedges

PB

Veggie Sausage Roll served with Jacket Wedges 👝

> Peas **Baked Beans**

Waffles with Fruit & Ice Cream



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				R. F. Grand Ball
WEEK 3	Monday	Tuesday	Wednesday	Thursday
Main Choice	Baked Sausages served with Mashed Potatoes	Spiced Lamb Keema served with Raita & Naan Bread	Roast Lamb served with Yorkshire Pudding & Roast Potatoes	Chicken & Vegetabl Pie served with Bab Baked Potatoes
Second Choice	Oriental Fish Stir Fry served with Egg Noodles	Tuna Pizza	Tempura Fish Goujons served with Roast Potatoes	Tuna Pasta Bake
Extra Choice	Vegetarian Quesadilla 🕥	Tomato & Olive Pizza	Moroccan Style Vegan Tagine served with Couscous	Veggie Sausage Ho Dog in a Baguette Ro
Vegetable Selection	Mixed Vegetables Garden Peas	Sweetcorn Fresh Broccoli	Fresh Seasonal Vegetables	Green Beans Fresh Carrots
Dessert of the Day	Apple & Blackberry Crunch served with Ice Cream	Peach Melba Pudding with Custard	Chocolate & Mandarin Mousse	Sticky Ginger Spong with Custard
Daily Options		Salad Bar / Deli Options / Fresh	ly Baked Bread / Fresh Fruit / Fr	uit Yoghurt / Cheese & Bis
		WEEK 3 Begi	nning: 15 Nov, 6 Dec, 17 Jar	n, 7 Feb, 7 Mar, 28 Mar



Meat served at this school is Halal & non Halal

KEY: 🔞 - Plant Based 😩 - Sugar Smart 🔊 - New Dish



CURWEN

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e Hot te Roll

ponge d

& **Biscuits**

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Friday

Tandoori Chicken served with Jacket Wedges

Fish Fingers served with Jacket Wedges

Roasted Vegetable Lasagne with Wedges (\mathbf{v})

> **Baked Beans** Garden Peas

Raspberry Ice Cream Sponge Roll