

Newham Primary School

Menu from 31st October 2016 to 31st March 2017



Standard 3 Choice Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Italian Fish Fillet with Herby Tomato Sauce & Mashed Potatoes*	Tuna Wrap with Salad & Mayonnaise	White Fish Bake with Roast or Boiled Potatoes	Creamy Cod & Salmon Potato Bake*	Fish Fingers with Potato Wedges
Meat Choice	Sausages with Onion Gravy & Mashed Potatoes	Lamb & Vegetable Tikka Masala with Rice*	Roast Chicken (or non-Halal) Turkey** & Stuffing with Roast or Boiled Potatoes	Cottage Pie (Lamb or Beef)**	BBQ Chicken with Potato Wedges *
Vegetarian Choice	Spanish Omelette* with Wholemeal Baguette & Salad	Vegetarian Lasagne*	Roast Vegetable Pie with Roast or Boiled Potatoes*	Cheese & Tomato Pizza	Mixed Bean Burrito with Salsa & Potato Wedges*
Vegetable Selection	Cook's Vegetable Selection	Cook's Vegetable Selection	Fresh Seasonal Vegetables	Cook's Vegetable Selection	Baked Beans Peas
Dessert	Strawberry & Vanilla Mousse	Apple Crumble with Custard*	Rice Pudding with Jam*	Chocolate & Orange Sponge with Chocolate Sauce*	Fruit, Jelly & Ice Cream

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Salmon, Broccoli & Sweetcorn Pasta Bake*	Jacket Potatoes with Tuna & Sweetcorn	Crunchy Cod Crumble with Cheese Sauce* with Roast or Boiled Potatoes	Goan Fish Curry with Rice	Cod Fillet in Batter with Chips or Mashed Potatoes
Meat Choice	Lamb or Beef** Burger in a Burger Bun with Salad	Chilli Con Carne with Rice & Tortilla	Roast Lamb or Beef** with Roast or Boiled Potatoes	Spaghetti Bolognese (Lamb or Beef)**	Creamy Chicken & Leek Pie with Chips or Mashed Potatoes
Vegetarian Choice	Chick Pea & Potato Curry with Rice*	Quorn Frankfurter Hot Dog Roll with Onions	Quorn Casserole with Roast or Boiled Potatoes *	Two Cheese Wholemeal Hoagie Melt with Peppers & Onions	Cheese & Onion Slice with Chips or Mashed Potatoes
Vegetable Selection	Cook's Vegetable Selection	Cook's Vegetable Selection	Fresh Seasonal Vegetables	Cook's Vegetable Selection	Peas Baked Beans
Dessert	Raspberry Ripple Ice Cream Sponge Roll	Spiced Banana Cake with Custard*	Orange & Mango Fruit Smoothie	Oat & Raisin Cookie	Fruit Salad with Yoghurt Ice Cream

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Tuscan Tuna Pasta Bake*	Cod Fillet with Parsley Sauce & Mashed Potatoes*	White Fish Bake with Roast or Boiled Potatoes	Fish Korma with Rice*	Fish Fingers with Potato Wedges
Meat Choice	Piri Piri Chicken with Rice*	BBQ Sausages with Mashed Potatoes	Roast Chicken or (non-Halal) Turkey** & Stuffing with Roast or Boiled Potatoes*	Lasagne (Lamb or Beef)**	Moroccan Lamb Tagine with Rice or Potato Wedges*
Vegetarian Choice	Tomato & Pepper Pizza	Vegetarian Shepherd's Pie *	BBQ Veggie Burger in a Wholemeal Bun with Roast or Boiled Potatoes*	Mediterranean Vegetable & Mixed Bean Pasta Bake	Vegetarian Chilli with Rice or Potato Wedges*
Vegetable Selection	Cook's Vegetable Selection	Cook's Vegetable Selection	Fresh Seasonal Vegetables	Cook's Vegetable Selection	Peas Baked Beans
Dessert	Chocolate Mousse	Dorset Apple Cake with Custard*	Fruit Flapjack with Crème Friache*	Orange & Lemon Sponge with Custard*	Fruit, Jelly & Ice Cream

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Fisherman's Pie with Mashed Potato Topping*	Jacket Potatoes with Tuna & Sweetcorn	Baked Lemon & Herb Cod Fillet with Roast or Boiled Potatoes *	Cod & Salmon Biryani*	Fish in Batter with Chips or Mashed Potatoes
Meat Choice	Southern Seasoned Chicken with Mashed Potatoes*	Lamb or Beef** & Vegetable Jolloff Rice*	Roast Lamb or Beef** with Roast or Boiled Potatoes	Chicken Meatballs with Pasta & Tomato & Basil Sauce	Chicken & Sweetcorn Pie with Chips or Mashed Potatoes*
Vegetarian Choice	Butternut Squash Macaroni Cheese	Vegetarian Spaghetti Bolognese*	Wholemeal Leek & Tomato Quiche with Roast or Boiled Potatoes*	Quorn & Sweet Potato Curry with Rice*	Quorn, Cauliflower & Broccoli Bake with Chips or Mashed Potatoes*
Vegetable Selection	Cook's Vegetable Selection	Cook's Vegetable Selection	Fresh Seasonal Vegetables	Cook's Vegetable Selection	Peas Baked Beans
Dessert	Chocolate Sponge Ice Cream Roll	Peach & Pear Crumble with Custard*	Fruit Cheesecake*	Raspberry & Coconut Sponge with Custard	Scotch Pancakes with Fruit & Ice Cream

Notes: **Halal meat is provided on request**

***indicates home made dish**

All items may be subject to availability

****please indicate preference**