

# WEEK 1

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Cheddar Cheese & Cracker Fresh Cut Fruit	Muffin Fresh Cut Fruit	Scone with Jam Fresh Cut Fruit	Waffles & Cream Cheese Fresh Cut Fruit	Banana Cake
<b>Lunch Main Choice</b>	Fish Fingers	Lamb & Vegetable Tikka Masala with Basmati Rice	Roast Chicken, Stuffing & Gravy	Chicken & Red Pepper Pasta Bake	Lamb Burger in a Bun
<b>Alternative Main Lunch Choice</b>	Chick Pea & Potato Curry with Peshwari Bread	Vegetarian Lasagne	Vegetarian Quesadilla	Cheese & Tomato Pizza with Green Peppers	Battered Fish Fillet or Jacket Potato with Cheese, Tuna or Baked Beans
<b>Side Dishes</b>	Jacket Wedges Baked Beans Salad Bar	Garden Peas Salad Bar	Roast Potatoes Raw Carrot Batons Salad Bar	Garlic Bread Sweetcorn Salad Bar	Chips Garden Peas Salad Bar

**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

# WEEK 2

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Raisin Box Fresh Cut Fruit	Pizza Finger Fresh Cut Fruit	Muffin Fresh Cut Fruit	Frubes (yoghurt) Fresh Cut Fruit	Homemade Tray Bake with Custard
<b>Lunch Main Choice</b>	Fish in Batter	Spaghetti Bolognese	Roast Chicken Yorkshire Pudding & Gravy	Chicken & Sweetcorn Pizza	Fish Fingers in a Bun with Salad
<b>Alternative Main Lunch Choice</b>	Vegetable Dhal with Rice	Veggie Spaghetti Bolognese	Jacket Potato with a choice of Cheese or Tuna	Cheese & Tomato Pizza	Vegetable & Lentil Curry with Rice or Lamb Keema with Naan
<b>Side Dishes</b>	Baked Beans Potato Wedges Salad Bar	Potato Wedges Sweetcorn Salad Bar	Roast Potatoes Raw Carrot Batons Salad Bar	Mixed Salad Bar	Chips Garden Peas Salad Bar

**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

# WEEK 3

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Cheddar Cheese & Cracker Fresh Cut Fruit	Muffin Fresh Cut Fruit	Scone & Jam Fresh Cut Fruit	Pancake with Cream Cheese	Chocolate Sponge
<b>Lunch Main Choice</b>	Fish Fingers With Jacket Wedges	Chicken & Vegetable Curry with Rice	Roast Chicken Yorkshire Pudding & Gravy	Lamb Lasagne	Jerk Chicken with Rice & Peas
<b>Alternative Main Lunch Choice</b>	Jacket Potato with Veggie Chilli	Vegetable Samosa with Rice, Dhal & Raita	Veggie Burger in a Bun	Vegetable Lasagne	Battered Fish with Chips or Jacket Potato with Cheese, Tuna or Baked Beans
<b>Side Dishes</b>	Potato Wedges Garden Peas Salad Bar	Sweetcorn Salad Bar	Roast Potatoes Roasted Vegetables Salad Bar	Garlic Bread Raw Carrot batons Salad Bar	Baked Beans Caribbean 'Slaw Salad Bar

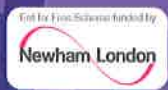
**Daily Options** Fresh Fruit / Fresh Organic Yoghurt / Cheese & Biscuits / Homemade Bread • Unlimited salad and vegetables and freshly made sandwiches

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

Halal meat served is HMC sourced and is Un-Stunned. Dhal served daily

All fish from sustainable sources • Items subject to availability

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



# ELMHURST PRIMARY SCHOOL

QUALITY FOOD  
**FRESH**  
INGREDIENTS



# DINE! in

## AND DISCOVER

OCTOBER - APRIL 2019/20

### 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.

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



### 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)

### 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)

### 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

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



Follow us and keep up to date with the latest news

