

GET IN TOUCH WITH US

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.

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

Soil Association - Food For Life



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

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:

School meals offer your child a healthy and balanced diet. In addition to the main menu, children can choose from a daily selection of:
Fresh salads
Fresh fruit and yoghurt
Cheese and biscuits
Sandwiches with brown or white bread
We believe children who are healthy and well-fed are happier and perform better in the classroom.

	Fish is Marine Stewardship Council certified. Fish are caught using line caught sustainable fishing methods
	All of our fresh meat is Red Tractor assured
	Our bananas get paid fairly
	Farmers and workers who grow a plant based protein food that is low fat, healthy and climate friendly to produce
	Eggs are free range and chickens enjoy fresh air and exercise
	Food is produced using environmentally and animal friendly methods and contains no undesirable additives
	Linda McCartney believed in great tasting, honest, meat free food

Free School Meals

Do you know what these signs mean?



October 2017 - April 2018



WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Burger in a Burger Bun with Salad & Spicy Wedges	Lamb & Vegetable Tikka Masala with Basmati Rice	Roast Chicken & Stuffing with Roast Potatoes	Savoury Chicken & Sweetcorn Pancakes & New Potatoes	Traditional Keema with Naan Bread
Fisherman's Pie	Italian Style Fish Fillet with Pesto & Cherry Tomatoes	White Fish Bake with Roast Potatoes	Cheesy Tuna Pizza	Fish Fingers with Chips
Chick Pea & Potato Curry with Peshwari Bread	Vegetarian Lasagne & Focaccia	Mixed Bean Hot Pot	Cheese & Tomato Pizza	Cheese & Onion Slice with Chips
Sweetcorn & Fresh Broccoli	Fresh Cauliflower & Garden Peas	Organic Carrots & Fresh Cabbage	Mini Corn Cobbett & Grilled Tomatoes	Garden Peas & Baked Beans
Pear & Chocolate Crumble with Custard	Tutti Frutti Flapjack	Sticky Honey & Orange Cake with Custard	Fruit Cheesecake	Fruit, Jelly & Ice Cream

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Sausages with Mashed Potatoes	Pasta Bolognese Bake & Garlic Slice	Roast Turkey & Yorkshire Pudding with Roast Potatoes	Glazed BBQ Chicken & Herby Diced Potatoes	Chicken & Sweetcorn Pie with Puff Pastry & Jacket Wedges
Jacket Potato with Tuna & Sweetcorn	Fish in Creamy Coconut Curry with Basmati Rice	Ciabatta Tuna Melt	Fish In Cheese Sauce & Herby Diced Potatoes	Fish Fillet in Batter with Jacket Wedges
Quorn & Pepper Frittata with Mashed Potatoes	Veggie Burger in a Wholemeal Bun with Salad	Quorn & Sweet Potato Curry with Rice	Vegetarian Pasta Bake	Warming Winter Crumble with Jacket Wedges
Fresh Cauliflower & Mixed Vegetables	Mini Corn Cobbett & Fresh Roasted Peppers	Organic Carrots & Garden Peas	Sweetcorn & Fresh Broccoli	Garden Peas & Baked Beans
Fruit Smoothie	Peach Melba Sponge Slice with Custard	Apple & Pear Crumble with Custard	Cornflake Cracknel	Frozen Yoghurt with Fruit

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti and Meatballs in a Marinara Sauce	Chicken & Vegetable Jolloff Rice	Roast Chicken & Yorkshire Pudding with Roast Potatoes	Lasagne with Garlic & Herb Slice	Greek Style Chicken Souvlaki with Herby Diced Potatoes
Creamy Fish Pie with Lemon & Parsley Mash	Fish Finger Wrap with Tomato & Basil Mayo	Crunchy Cod Crumble with Roast Potatoes	Neapolitan Tuna Pasta Bake with Garlic & Herb Slice	White Fish Bake & Lemon with Herby Diced Potatoes
Vegetable & Lentil Curry with Rice	Vegetarian Shepherd's Pie	Quorn Sausage Cassoulet with Roast Potatoes	Spanish Omelette with Baby Baked Potatoes	Vegetarian Chill with Rice
Garden Peas & Roasted Vegetables	Sweetcorn & Green Beans	Organic Carrots & Roasted Autumn Vegetables	Winter 'Slaw & Country Vegetables	Baked Beans & Garden Peas
Peaches & Custard	Citrus & Coconut Sponge with Custard	Chocolate & Mandarin Mousse	Carrot & Sultana Cake with Custard	Mini Scotch Pancake with Fruit

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

MENU DATES FOR NELSON PRIMARY SCHOOL

OCTOBER 2017	NOVEMBER 2017	DECEMBER 2017	JANUARY 2018	FEBRUARY 2018	MARCH 2018
M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S
2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10	1 2 3 4 5 6	5 6 7 8 9 10 11	5 6 7 8 9 10 11
9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21	12 13 14 15 16 17 18	12 13 14 15 16 17 18
16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28	19 20 21 22 23 24 25	19 20 21 22 23 24 25
23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31	29 30 31	26 27 28	26 27 28 29 30 31
30 31					

WEEK 1
WEEK 2
WEEK 3

Additional Daily Food Options

- Fresh Seasonal Fruit Platter
- Fresh Yoghurt
- Cheese & Biscuits
- Homemade Bread