

























WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Sausages	Piri Piri Chicken	Roast Beef & Yorkshire Pudding	Spaghetti Bolognese	Chinese Chicken Curry
Salmon Fish Finger Wrap 	Fisherman's Pie 	Lemon & Herb Fish Crunch 	Tuna & Tomato Hoagie Melt	White Fish Bake 
Veggie Sausage Pasta 	Juniper Pizza	Vegetable Curry	Spanish Omelette	Cheese Fian
Baby Baked Potatoes	Herby Diced Potatoes 	Roast Potatoes	Mashed Potatoes	Chips 
Sweetcorn & Fresh Broccoli	Garden Peas & Med Roast Vegetables	Organic Carrots & Green Beans 	Mini Corn on the Cob & Grilled Tomatoes	Garden Peas & Baked Beans
Fruit Smoothie	Apple Crumble Cookie	Rainbow Cheesecake	Marble Cake & Custard	Fruit Jelly & Ice Cream

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti & Meatballs	Lasagne	Roast Turkey with Stuffing	BBQ Chicken	Hot Dog in a Roll
Creamy Wholemeal Fish Crumble 	Fish Finger Burger 	Tuna Pasta Bake	Fish Goujons 	Fish Curry 
Tomato & Basil Pasta 	Cheese Salad Wrap	Cheese Slice	Veggie Quesadilla	Quorn Hot Dog in a Roll 
Mashed Potatoes	Focaccia Rice	Roast Potatoes	Baby Baked Potatoes Mexican Rice	Jacket Wedges Rice 
Fresh Cauliflower & Carrot/Courgette Medley	Broccoli & Mixed Vegetables	Organic Carrots & Savoy Cabbage 	Green Beans & Mini Corn on the Cob	Garden Peas & Baked Beans
Scotch Pancake with Fruit & Greek Style Yoghurt	Chocolate & Orange Shortbread	Rice Pudding with Jam	Carrot Cake with Cream Cheese Topping	Fruit & Ice Cream

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef & Vegetable Pie	American Meatloaf	Roast Chicken with Stuffing	Burger in a Brioche Bun	Chicken Salad Wrap
Tandoori Fish Fillet 	Tuna & Sweetcorn Fishcake	Italian Fish with Cherry Tomatoes 	Tuna Salad Wraps	Fish Fingers 
BBQ Quorn Pasta 	Margarita Pizza	Vegetable Lasagne	Jacket Potato with Cheese & Beans	Quorn Toad in the Hole 
New Potatoes Rice	Mashed Potatoes	Roast Potatoes	Potato Wedges Rice 	Chips Rice 
Mixed Vegetables & Roasted Vegetables	Mini Corn on the Cob & Green Beans	Organic Carrots & Broccoli 	Baked Beans & Jamaican Slaw	Sweetcorn & Garden Peas
Fruit Salad with Frozen Yoghurt	Tropical Fruit Crumble with Ice Cream	Summer Fruit Trifle	Banana Loaf	Ice Cream Sponge with Fruit

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

MENU DATES FOR GAINSBOROUGH PRIMARY SCHOOL

APRIL 2018	MAY 2018	JUNE 2018	JULY 2018	SEPTEMBER 2018	OCTOBER 2018
M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F
1 2 3 4	1 2 3 4	1	2 3 4 5 6	3 4 5 6 7	1 2 3 4 5
7 8 9 10 11	7 8 9 10 11	4 5 6 7 8	9 10 11 12 13	10 11 12 13 14	8 9 10 11 12
14 15 16 17 18	14 15 16 17 18	11 12 13 14 15	16 17 18 19 20	17 18 19 20 21	15 16 17 18 19
21 22 23 24 25	21 22 23 24 25	18 19 20 21 22	23 24 25 26 27	24 25 26 27 28	22 23 24 25 26
28 29 30 31	28 29 30 31	25 26 27 28 29	30 31		29 30 31

WEEK 1
WEEK 2
WEEK 3

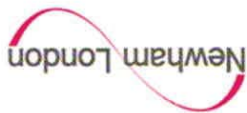
Additional Daily Food Options

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

GAINSBOROUGH PRIMARY SCHOOL



April - October 2018



Do you know what these signs mean?



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



Eggs are free range and chickens enjoy fresh air and exercise



Farmers and workers who grow our bananas get paid fairly



A plant based protein food that is low fat, healthy and climate friendly to produce



All of our fresh meat is Red Tractor assured



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



We are using quality high street brands children enjoy and recognise.

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:

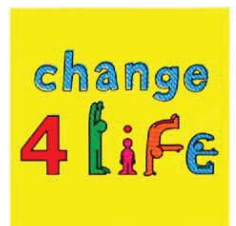
- Fresh salads
- Fresh fruit and yoghurt
- Cheese and biscuits
- Sandwiches with brown or white bread

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

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.

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.

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.

GET IN TOUCH WITH US

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!

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