



## 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
- Keeping active helps maintain a healthy weight



You will find lots more tips for getting healthy at [www.change4life.co.uk](http://www.change4life.co.uk)

For more information about menu selections, please contact the school.

To find out more about free school meals in Newham, please call Sally Shadrack on 020 8249 6971 or visit [www.newham.gov.uk](http://www.newham.gov.uk)

## FREE school meals for primary school children

### Earlham Primary School

Menu from 3rd November 2014 to 2nd April 2015

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
- 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.

a place where people choose to  
**live, work & stay**

## 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 Fish & Leek Bake*	Fish Goujons in Crispy Batter with Jacket Wedges
Meat Choice	Toad in the Hole with Mashed Potatoes	Spaghetti Bolognese (Lamb)*	Roast Chicken & Stuffing with Roast or Boiled Potatoes*	Chicken Korma with Rice & Chapatti*	Cottage Pie*
Vegetarian Choice	Vegetarian Wholemeal Lasagne*	Spanish Omelette with New Potatoes*	Butternut Macaroni Cheese*	Cheese & Pineapple Pizza	Oriental Vegetable Stir Fry with Quorn & Noodles
Vegetable Selection	Carrots Peas	Baked Beans Broccoli	Fresh Seasonal Vegetables	Green Beans Sweetcorn	Baked Beans Peas
Dessert	Peaches with Frozen Yoghurt	Rice Pudding with Jam	Apple & Cinnamon Crumble with Custard	Chocolate Sponge & Chocolate Sauce	Jelly Fruit & Ice Cream

\*Indicates home made dish

## Menu week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fish Choice	Fish Fillet in Parsley Sauce with New Potatoes*	Spicy Tuna Arrabiata Pasta Bake*	Haddock Bake with Roast or Boiled Potatoes	Fish Biryani with Dhal*	Fish Fingers with Jacket Wedges
Meat Choice	Sweet & Sour Oriental Chicken with Rice*	BBQ Sausages with Mashed Potatoes	Roast Turkey & Stuffing with Roast or Boiled Potatoes*	Lasagne (Lamb)* with Garlic Bread	Lamb & Vegetable Cobbler* with Jacket Wedges
Vegetarian Choice	Tomato & Sweetcorn Pizza	Vegetable Balti with Rice & Naan Bread*	Wholemeal Tomato Quiche with Roast or Boiled Potatoes*	BBQ Veggie Burger in a Bun with Salad	Broccoli, Cauliflower & Quorn Bake* with Jacket Wedges
Vegetable Selection	Carrots Green Beans	Sweetcorn Peas	Fresh Seasonal Vegetables	Broccoli Sweetcorn	Peas Baked Beans
Dessert	Raspberry Ripple Ice Cream Sponge Roll	Pear & Chocolate Crumble with Custard*	Fruit & Custard	Syrup Sponge with Custard*	Scotch Pancakes with Fresh Fruit

\*Indicates home made dish

## Menu week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fish Choice	Cajun Style Fish with Rice with Spicy Tomato Sauce*	Jacket Potatoes with Tuna & Sweetcorn	Fish Crunchy with Roast or Boiled Potatoes	Tuscan Tuna & Mixed Bean Pasta Bake*	Fish Fillet in Batter with Chips or Mashed Potatoes
Meat Choice	BBQ Chicken with Rice*	Lamb Burger in a Bun with Salad	Roast Lamb with Roast or Boiled Potatoes*	Mexican Chicken & Rice with Salsa & Tortilla*	Keema Naan with Salad & Raita*
Vegetarian Choice	Vegetarian Pasta Bake*	Mediterranean Vegetable Paella*	Two Cheese Wholemeal Hoagie Melts with Peppers & Onions	Quorn Frankfurter Hot Dog Roll with Onions	Cheese & Onion Slice with Chips or Mashed Potatoes
Vegetable Selection	Green Beans Carrots	Baked Beans Sweetcorn	Fresh Seasonal Vegetables	Carrots Sweetcorn	Peas Baked Beans
Dessert	Frozen Yoghurt & Fruit Salad	Spiced Banana Cake with Custard	Peaches & Custard	Chocolate Brownie with Custard*	Fruit Salad with Dream Topping

\*Indicates home made dish

## Menu week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fish Choice	Fisherman's Pie with Mashed Potatoes*	White Fish Bake with Herby Diced Potatoes	Tuna Wholemeal Hoagie Melt with Peppers & Onions	Jacket Potato with Tuna & Sweetcorn*	Fish Crunchy with Chips or Mashed Potatoes
Meat Choice	Chicken Tikka Wrap with Salad & Raita	Spanish Chicken with Herby Diced Potatoes*	Roast Lamb with Roast or Boiled Potatoes*	Lamb & Vegetable Jolloff Rice*	Chicken & Sweetcorn Pie* with Chips or Mashed Potatoes
Vegetarian Choice	Spaghetti & Vegetarian 'Meatballs' in Tomato Sauce*	Quorn & Sweet Potato Curry with Rice	Pasta with Vegetarian Bolognese Sauce*	Vegetarian Chilli Tacos with Cheese & Salsa*	Vegetarian Shepherd's Pie*
Vegetable Selection	Broccoli Carrots	Sweetcorn Peas	Fresh Seasonal Vegetables	Sweetcorn Green Beans	Baked Beans Peas
Dessert	Fruit Flapjack*	Apple & Blackberry Crumble with Custard*	Fruit Cheesecake*	Jam & Coconut Sponge with Custard*	Fresh Fruit Salad & Ice Cream

\*Indicates home made dish

We continually improve our menus to ensure we:

- provide quality ingredients
- include a daily selection of homemade options
- tailor menus to individual school requirements. All items subject to availability

All meat served at this school is Halal