



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

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

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