

WEEK 1

- Choice 1
- Choice 2
- Vegetarian
- Side Dishes
- Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
Beef/ Lamb Burger in Bun with Salad & Coleslaw	🍷 Spaghetti Bolognese (Beef)	Roast Chicken & Stuffing with Roast Potatoes	Lamb Tikka Masala with Rice	BBQ Chicken with Chips
Fisherman's Pie	Spanish Omelette with New Potatoes	Fish in Batter with Roast Potatoes	🍷 Chickpea & Potato Curry with Rice	Fish Fingers with Chips
Quorn & Pepper Fajita with Salad & Coleslaw	Winter Vegetable & Lentil Crumble with New Potatoes	Butternut Squash & Spinach Tart with Roast Potatoes	Quorn Sausage 'Toad in the Hole' with Mash	Pizza with Olives & Tomato
Sweetcorn Fresh Broccoli	Organic Carrots Garden Peas	Fresh Seasonal Vegetables	Mini Corn on the Cob Green Beans	Garden Peas Baked Beans
🍌 Pear & Peach Crumble with Custard	🍌 Fruity Flapjack	🍌 Sticky Orange Cake with Custard	🍌 Chocolate Sponge with Chocolate Custard	Fruit, Jelly & Ice Cream

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

- Choice 1
- Choice 2
- Vegetarian
- Side Dishes
- Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Meatballs with Pasta & Tomato Sauce	Lamb & Vegetable Jollof Rice	🍷 Roast Turkey with Yorkshire Pudding & Roast Potatoes	Greek Style Souvlaki Chicken with Rice	Jacket Potato with Chilli Con Carne
Fish Burger with Coleslaw & Salad	Mexican Chicken Wrap	Wholemeal Tuna Hoagie Melt	Oriental Beef Stir Fry Noodles	Fish in Batter with Jacket Wedges
🍷 Vegetable Biryani with Dhal	Vegetarian Lasagne with Focaccia	Cheese & Onion Slice & Roast Potatoes	Quorn & Sweet Potato Curry with Rice	🍷 Vegan Burger in a Bun with Jacket Wedges
Fresh Broccoli Mixed Vegetables	Mini Corn on the Cob Organic Carrots	Fresh Seasonal Vegetables	Sweetcorn Green Beans	Garden Peas Baked Beans
Raspberry Ice Cream Sponge Roll	🍌 Apple Crumble with Custard	Fruit Cheesecake	🍌 Chocolate Sponge with Custard	Ice Cream With Fruit

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

- Choice 1
- Choice 2
- Vegetarian
- Side Dishes
- Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Sausages with Mashed Potatoes	Minced Beef & Vegetable Pie with Chips	Roast Lamb/Pork & Yorkshire Pudding with New Potatoes	🍷 Chicken Korma with Rice	Chicken & Sweetcorn Pasta Bake
🍷 Vegetable & Lentil Curry with Rice	Fish in Breadcrumbs with Chips	Italian Style Fish Fillet with New Potatoes	Fish Biryani	Fish Fingers with Jacket Wedges
🍷 Vegan Jerk Wrap	Tuscan Vegetable & Mixed Bean Pasta Bake	Cheese & Tomato Pizza	Macaroni Cheese with Focaccia	Veggie Keema with Naan Bread
Mixed Vegetables Garden Peas	Sweetcorn Broccoli	Fresh Seasonal Vegetables	Green Beans Roast Peppers	Baked Beans Garden Peas
🍌 Rice Pudding with Jam	🍌 Raspberry & Coconut Slice with Custard	Chocolate & Mandarin Mousse	🍌 Lemon & Banana Cake with Custard	Waffles with Fruit & Ice Cream

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 & non Halal meat served at this school



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





OCTOBER - APRIL 2019/20

DINE in AND DISCOVER



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



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

Web: 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/

Follow us and keep up to date with the latest news

