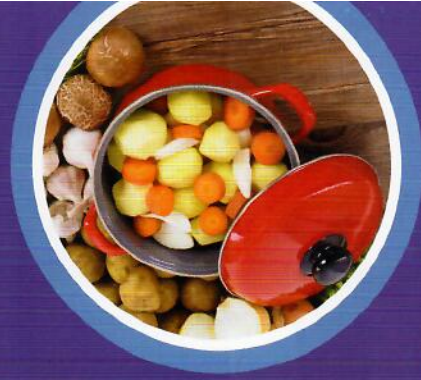
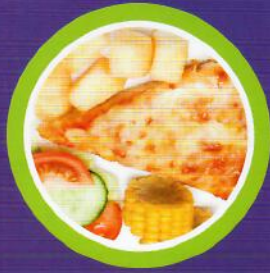


October 2018  
- April 2019

Newham London



### Do you know what these signs mean?



We have achieved the Food for Life mark.



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



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



All of our fresh meat is Red Tractor assured.



Eggs are free range and chickens enjoy fresh air and exercise.



Fish Fingers are a fantastic source of protein and ours are made from 100% fish fillet.



Rooted in Britain. All McCain potatoes are now 100% British.



Freshly baked Hovis Bread is available daily.



Quorn products are served on our menu.



Farmers and workers who grow our bananas get paid fairly.



### 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:

- Home baked bread
- Fresh salads
- Fresh fruit and organic yoghurt
- Cheese and biscuits

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](http://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.

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!

**Address:** The Old Town Hall, 29 Broadway, Stratford, London, E15 4BQ

**Email:** [info@juniperventures.co.uk](mailto:info@juniperventures.co.uk)

**Website:** [www.juniperventures.co.uk](http://www.juniperventures.co.uk)





# WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Burger in a Bun with Spicy Wedges	Lamb & Vegetable Tikka Masala with Basmati Rice	Roast Turkey, Stuffing, Gravy & Roast Potatoes	Chicken & Sweetcorn Pasta Bake	Fish Fingers with Chips
Chick Pea & Potato Curry with Peshwari Bread	Vegetarian Lasagne	Cheese & Leek Quiche with Roast Potatoes	Cheese & Tomato Pizza	Quorn Chilli Dog with Chips
Mini Corn on the Cob	Fresh Cauliflower	Organic Carrots	Sweetcorn	Garden Peas
Mixed Vegetables	Garden Peas	Cabbage	Fresh Broccoli	Baked Beans
Apple & Raisin Crumble with Custard	Apricot Flapjack	Rice Pudding with Peaches	Orange & Lemon Cheesecake	Fruit, Jelly & Ice Cream

# WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Sausages with Mashed Potatoes	Spaghetti Bolognese	Roast Lamb, Yorkshire Pudding & Roast Potatoes	Chicken & Vegetable Jollof Rice	Salmon Fish Fingers in a Bun with Salad
Wholemeal Winter Crumble with Mashed Potatoes	Veggie Quesadilla	Quorn & Sweet Potato Curry with Rice	Roast Vegetable Pasta Bake	Vegetable & Lentil Curry with Rice
Fresh Cauliflower	Broccoli	Organic Carrots	Mini Corn on the Cob	Garden Peas
Mixed Vegetables	Sweetcorn	Garden Peas	Mixed Peppers	Baked Beans
Chocolate & Mandarin Mousse	Peach Melba Sponge with Custard	Tropical Fruit Slice	Plum Crumble with Custard	Fresh Fruit Salad & Ice Cream

# WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti & Meatballs in Marinara Sauce	Shepherd's Pie	Roast Chicken, Yorkshire Pudding, Gravy with Roast Potatoes	Lasagne	Fish Fillet in Batter with Chips
Spanish Omelette with Baguette Slice	Vegetable Samosa with Rice, Dhal & Raita	Quorn Sausage 'Toad in the Hole' with Roast Potatoes	Veggie Burger in Wholemeal Bun with Salad	Vegetarian Chilli with Chips
Garden Peas	Sweetcorn	Organic Carrots	Country Vegetables	Baked Beans
Roasted Vegetables	Green Beans	Cauliflower	Garden Peas	Caribbean 'Slaw
Peaches & Custard	Chocolate & Orange Sponge with Chocolate Sauce	Scotch Pancakes with Fruit & Ice Cream	Lemon & Banana Slice with Custard	Fruit Trifle

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

## MENU DATES FOR RAVENSCROFT PRIMARY SCHOOL

WEEK 1  
WEEK 2  
WEEK 3

OCTOBER 2018	NOVEMBER 2018	DECEMBER 2018	JANUARY 2019	FEBRUARY 2019	MARCH 2019
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5

### Additional Daily Food Options

- Freshly Baked Additional Hovis Bread
- Salad Bar
- Fresh Fruit
- Yoghurt
- Cheese & Biscuits