

**FREE**  
Salad bar selection  
with every choice!

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

| MONDAY                          | TUESDAY                              | WEDNESDAY                      | THURSDAY                                 | FRIDAY  |
|---------------------------------|--------------------------------------|--------------------------------|--|---|
| <b>Choose from:</b>             | <b>Choose from:</b>                  | <b>Choose from:</b>            | <b>Choose from:</b>                      | <b>Choose from:</b>                           |
| Spinach & Feta Whirl            | Roast Lamb & Yorkshire Pudding       | Chicken & Jolloff Rice         | Fish Finger Wrap with Salad & Lemon Mayo | Spaghetti & Meatballs in Marinara Sauce       |
| Cheese & Tomato Pizza           | Mac 'n' Cheese                       | Vegetable Samosa with Halal    | Quorn & Sweet Potato Curry & Rice        | Southern Style Veggie Burger in Wholemeal Bun |
| <b>Sides:</b>                   | <b>Sides:</b>                        | <b>Sides:</b>                  | <b>Sides:</b>                            | <b>Sides:</b>                                 |
| New Potatoes, Sweetcorn, Salads | Roast Potatoes, Seasonal Veg, Salads | Naan Bread, Green Beans, Salad | Wedges, Organic Carrots, Salads          | Chips, Beans, Peas, Salads                    |
| <b>Dessert:</b>                 | <b>Dessert:</b>                      | <b>Dessert:</b>                | <b>Dessert:</b>                          | <b>Dessert:</b>                               |
| Apple Flapjack                  | Chocolate & Manadrin Mousse          | Tropical Fruit Traybake        | Apricot Shortcake with Greek Yoghurt     | Jelly, Fruit & Ice Cream                      |

| MONDAY                      | TUESDAY                                  | WEDNESDAY                              | THURSDAY                          | FRIDAY                             |
|-----------------------------|--|--|-----------------------------------|------------------------------------|
| <b>Choose from:</b>         | <b>Choose from:</b>                      | <b>Choose from:</b>                    | <b>Choose from:</b>               | <b>Choose from:</b>                |
| Tuna Baguette               | Roast Chicken with Sage & Onion Stuffing | BBQ Chicken & Rice                     | Tuscan Lamb Pasta Bake            | Fish in Batter                     |
| Vegetarian Lasagne          | Vegetarian Lentil Shepherd's Pie         | Vegetable & Quorn Enchillada           | Roast Vegetable Pie               | Jacket Potato with Veggie Chilli   |
| <b>Sides:</b>               | <b>Sides:</b>                            | <b>Sides:</b>                          | <b>Sides:</b>                     | <b>Sides:</b>                      |
| Focaccia, Sweetcorn, Salads | Mashed Potatoes, Seasonal Veg, Salads    | Green Beans, Salads                    | Organic Carrots, Broccoli, Salads | Jacket Wedges, Peas, Beans, Salads |
| <b>Dessert:</b>             | <b>Dessert:</b>                          | <b>Dessert:</b>                        | <b>Dessert:</b>                   | <b>Dessert:</b>                    |
| Oat & Raisin Cookie         | Jelly, Fruit & Ice Cream                 | Mango & Pineapple Crumble with Custard | Lemon Sponge Slice                | Waffle with Fruit & Ice Cream      |

| MONDAY                          | TUESDAY                                 | WEDNESDAY                        | THURSDAY                                  | FRIDAY                              |
|---------------------------------|---|----------------------------------|---|-------------------------------------|
| <b>Choose from:</b>             | <b>Choose from:</b>                     | <b>Choose from:</b>              | <b>Choose from:</b>                       | <b>Choose from:</b>                 |
| Spaghetti Bolognese             | Roast Turkey with Sage & Onion Stuffing | Lamb Keema & Naan Bread          | BBQ Kickin' Chicken Wrap                  | Burger in Bun with Jacket Wedges    |
| Quorn Hot Dog with Onions       | Cheese & Leek Quiche                    | Chickpea & Potato Curry          | Moroccan Style Veggie Balls with Couscous | Vegetable Stir Fry with Egg Noodles |
| <b>Sides:</b>                   | <b>Sides:</b>                           | <b>Sides:</b>                    | <b>Sides:</b>                             | <b>Sides:</b>                       |
| Jacket Wedges, Broccoli, Salads | New Potatoes, Seasonal Veg, Salads      | Rice, Green Beans, Raita, Salads | Mini Corn on the Cob, Salad Selection     | Wedges, Beans, Peas, Salads         |
| <b>Dessert:</b>                 | <b>Dessert:</b>                         | <b>Dessert:</b>                  | <b>Dessert:</b>                           | <b>Dessert:</b>                     |
| Chocolate & Beetroot Brownie    | Fruit Ice Lolly                         | Lemon & Banana Loaf              | Dorset Apple Cake & Custard               | Scotch Pancake with Fruit           |

Eat for Free Scheme funded by:  
Newham London



## MENU DATES FOR RAVENSCROFT PRIMARY SCHOOL

Week 1: 23<sup>rd</sup> Apr, 13<sup>th</sup> May, 10<sup>th</sup> Jun, 1<sup>st</sup> Jul, 22<sup>nd</sup> Jul, 2<sup>nd</sup> Sep, 23<sup>rd</sup> Sep, 14<sup>th</sup> Oct

Week 2: 29<sup>th</sup> Apr, 20<sup>th</sup> May, 17<sup>th</sup> Jun, 8<sup>th</sup> Jul, 9<sup>th</sup> Sep, 30<sup>th</sup> Sep

Week 3: 6<sup>th</sup> May, 3<sup>rd</sup> Jun, 24<sup>th</sup> Jun, 15<sup>th</sup> Jul, 16<sup>th</sup> Sep, 7<sup>th</sup> Oct



# RAVENSCROFT PRIMARY SCHOOL