



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

Follow us and keep up to date with the latest news



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/



WEEK 1

Choice 1

Choice 2

Vegetarian

Side Dishes

Dessert

Monday

Burger in Bun with Salad & Coleslaw (halal – unstunned)


Fisherman's Pie

Quorn & Pepper Fajita with Salad & Coleslaw

Sweetcorn
Fresh Broccoli

 Pear & Peach Crumble with Custard

Tuesday

 Spaghetti Bolognese (Lamb) (halal – unstunned)

Spanish Omelette with New Potatoes

Winter Vegetable & Lentil Crumble with New Potatoes

Organic Carrots
Garden Peas

 Fruity Flapjack

Wednesday

Roast Chicken & Stuffing with Roast Potatoes (halal – unstunned)

Fish in Batter with Roast Potatoes


Butternut Squash & Spinach Tart with Roast Potatoes

Fresh Seasonal
Vegetables

 Sticky Orange Cake with Custard

Thursday

Lamb Tikka Masala with Rice (halal – unstunned)

 Chick Pea & Potato Curry with Rice

Pizza with Olives & Tomato

Mini Corn on the Cob
Green Beans

 Chocolate Sponge with Chocolate Custard

Friday

BBQ Chicken with Rice (halal – unstunned)

Fish Fingers with Chips

Quorn Sausage 'Toad in the Hole' with Chips

Garden Peas
Baked Beans

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



Choice 1

Choice 2

Vegetarian

Side Dishes

Dessert

Monday

Meatballs with Pasta & Tomato Sauce (halal – unstunned)

Fish Burger with Coleslaw & Salad

 Vegetable Biryani with Dhal

Fresh Broccoli
Mixed Vegetables

Raspberry Ice Cream
Sponge Roll

Tuesday

Lamb & Vegetable Jollof Rice (halal – unstunned)

Mexican Chicken Wrap

Vegetarian Lasagne with Focaccia

Mini Corn on the Cob
Organic Carrots

 Apple Crumble with Custard

Wednesday

 Roast Turkey with Yorkshire Pudding & Roast Potatoes (halal – unstunned)

Wholemeal Tuna Hoagie Melt

Cheese & Onion Slice & Roast Potatoes

Fresh Seasonal
Vegetables

Fruit Cheesecake

Thursday

Greek Style Souvlaki Chicken with Rice (halal – unstunned)

Oriental Lamb Stir Fry Noodles

Quorn & Sweet Potato Curry with Rice

Sweetcorn
Green Beans

 Lemon & Courgette Cake with Custard

Friday

Jacket Potato with Chilli Con Carne (halal – unstunned)

Fish in Batter with Jacket Wedges

 Vegan Burger with Jacket Wedges

Garden Peas
Baked Beans

Frozen Yoghurt 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



Choice 1

Choice 2

Vegetarian

Side Dishes

Dessert

Monday

Baked Sausages with Mashed Potatoes (halal – unstunned)

Vegetable & Lentil Curry with Rice

 Vegan Jerk Wrap

Mixed Vegetables
Garden Peas

 Rice Pudding with Jam

Tuesday

Minced Lamb & Vegetable Pie with Chips (halal – unstunned)

Fish in Breadcrumbs with Chips

Tuscan Vegetable & Mixed Bean Pasta Bake

Sweetcorn
Broccoli

 Raspberry & Coconut Slice with Custard

Wednesday

Roast Lamb & Yorkshire Pudding with New Potatoes (halal – unstunned)

Italian Style Fish Fillet with New Potatoes

Cheese & Tomato Pizza

Fresh Seasonal
Vegetables

Chocolate & Mandarin Mousse

Thursday

 Chicken & Korma with Rice (halal – unstunned)

Fish Biryani

Macaroni Cheese with Focaccia

Green Beans
Roast Peppers

 Lemon & Banana Cake with Custard

Friday

Chicken & Sweetcorn Pasta Bake (halal – unstunned)

Fish Fingers with Jacket Wedges

Veggie Keema with Naan Bread

Baked Beans
Garden Peas

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

Eat for Free Scheme funded by



Meat served at this school is Halal / Halal un-stunned as indicated

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



KENSINGTON PRIMARY SCHOOL

QUALITY FOOD
FRESH
INGREDIENTS