

Stoke Newington School Lunch Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Pasta Provençal	Shepherd's pie (lamb)	Chicken stew	Chili con carne (beef)	Wraps
Main dish	Cheese and potato whirl	Vegetable and bean hotpot <small>(beans to add protein)</small>	Pumpkin and chickpea curry <small>(chickpeas to add protein)</small>	Caribbean fruit and lentil curry <small>(lentils to add protein)</small>	Quorn sausages
Optional main		Chicken wraps	Pesto pasta	Chicken or cheese wraps	Tomato and basil pasta
Vegetable	Mixed salad and mixed vegetables	Sweetcorn and green beans	Carrots and white cabbage	French beans and cauliflower	Baked beans
Starchy dish	Included in main	Parsley potatoes	Steamed rice	Naan bread	Salad
Jacket Potato	Jacket potato with cheese, tuna or baked beans	Jacket potato with, tuna or baked beans	Jacket potato with cheese, tuna or baked beans	Jacket potato with cheese, tuna or baked beans	Jacket potato with cheese, tuna or baked beans
Sandwiches	Bagels, baguettes and sandwiches	Bagels, baguettes and sandwiches	Bagels, baguettes and sandwiches	Bagels, baguettes and sandwiches	Bagels, baguettes and sandwiches
Salad	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection
Dessert	Fruit smoothie and fresh fruit pot	Pineapple sponge with custard	Fruit smoothie and fresh fruit pot	Carrot cake and custard <small>(50% whole meal flour)</small>	Fruit smoothie and fresh fruit pot
Dessert	Yoghurts and milk	Fresh fruit, yoghurts and milk	Fresh fruit, yoghurts and milk	Fresh fruit, yoghurts and milk	Yoghurts and milk

Stoke Newington School Lunch Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Macaroni cheese	Beef curry	Roast chicken thigh and stuffing	Lamb kofte	Cod in batter
Main dish	Vegetable and butter bean puffs <small>(beans to add protein)</small>	Vegetable and bean goulash <small>(beans to add protein)</small>	Cheese and potato bake	Vegetable and Quorn noodles	Vegetable spring rolls
Optional main		Chicken wraps	Pasta and vegetables in white sauce	Chicken wraps	Pesto pasta
Vegetable	Mixed salad	Fresh mixed vegetables	Carrots and savoury cabbage	Mixed salad and coleslaw	Baked beans and peas
Starchy dish	New potatoes	Steamed rice <small>(50/50 brown/white rice)</small>	Roast potatoes	Pitta bread	Potato wedges
Jacket Potato	Jacket potato with cheese, tuna or baked beans	Jacket potato with cheese, tuna or baked beans	Jacket potato with cheese, tuna or baked beans	Jacket potato with cheese, tuna or baked beans	Jacket potato with cheese, tuna or baked beans
Sandwiches	Bagels, baguettes and sandwiches	Bagels, baguettes and sandwiches	Bagels, baguettes and sandwiches	Bagels, baguettes and sandwiches	Bagels, baguettes and sandwiches
Salad	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection
Dessert	Fruit smoothie and fresh fruit pot	Banana sponge with custard	Fruit smoothie and fresh fruit pot	Apple and orange crumble and custard	Fruit smoothie and fresh fruit pot
Dessert	Yoghurts and milk	Fresh fruit, yoghurts and milk	Fresh fruit, yoghurts and milk	Fresh fruit, yoghurts and milk	Yoghurts and milk

Stoke Newington School Lunch Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Vegetable lasagna <small>(add red lentils)</small>	Lamb Rogan josh	Jerk chicken	Poultry sausage and onion gravy	Beef burger in a bun
Main dish	Sweet potato, pumpkin and lentil curry <small>(lentils to add protein)</small>	Vegetable korma	Mediterranean vegetable and bean hotpot <small>(beans to add protein)</small>	Cheese and potato whirls	Quorn burger in a bun
Optional main		Chicken or cheese wraps	Pesto pasta	Chicken or cheese wraps	Pasta in basil and tomato sauce
Vegetable	Mixed salad	Lemon and cumin carrots	Coleslaw and mixed salad	Garden peas	Baked beans
Starchy dish	New potatoes	Naan bread	Rice and peas <small>(50/50 brown/white rice)</small>	Mashed potato	Salad
Jacket Potato	Jacket potato with cheese, tuna or baked beans	Jacket potato with cheese, tuna or baked beans	Jacket potato with cheese, tuna or baked beans	Jacket potato with cheese, tuna or baked beans	Jacket potato with cheese, tuna or baked beans
Sandwiches	Bagels, baguettes and sandwiches	Bagels, baguettes and sandwiches	Bagels, baguettes and sandwiches	Bagels, baguettes and sandwiches	Bagels, baguettes and sandwiches
Salad	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection
Dessert	Fruit smoothie and fresh fruit pot	Blueberry and raspberry sponge with custard	Fruit smoothie and fresh fruit pot	Artic roll	Fruit smoothie and fresh fruit pot
Dessert	Yoghurts and milk	Fresh fruit, yoghurts and milk	Fresh fruit, yoghurts and milk	Fresh fruit, yoghurts and milk	Yoghurts and milk

Stoke Newington School Lunch Menu – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	Spinach, potato and cheddar flan	Spicy lamb meat balls	Roast beef	Mutton and potato curry	Fish fingers
Main dish	Vegetable and chickpea curry <small>(chickpeas to add protein)</small>	BBQ vegetable and Quorn	Cauliflower cheese	Sweet and sour vegetables and beans <small>(beans to add protein)</small>	Vegetable samosa
Optional main	Pesto pasta	Chicken wraps	Vegetable pasta	Chicken wraps	Pasta in basil and tomato sauce
Vegetable	Mixed salad	Three bean salad	Carrots and savoury cabbage	Sweetcorn	Baked beans and peas
Starchy dish	Brown rice	Noodles	Roast potatoes	Steamed rice	Potato wedges
Jacket Potato	Jacket potato with cheese, tuna or baked beans	Jacket potato with cheese, tuna or baked beans	Jacket potato with cheese, tuna or baked beans	Jacket potato with cheese, tuna or baked beans	Jacket potato with cheese, tuna or baked beans
Sandwiches	Bagels, baguettes and sandwiches	Bagels, baguettes and sandwiches	Bagels, baguettes and sandwiches	Bagels, baguettes and sandwiches	Bagels, baguettes and sandwiches
Salad	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection
Dessert	Fruit smoothie and fresh fruit pot	Plum and apple crumble with custard	Fruit smoothie and fresh fruit pot	Chocolate sponge with chocolate sauce	Fruit smoothie and fresh fruit pot
Dessert	Yoghurts and milk	Fresh fruit, yoghurts and milk	Fresh fruit, yoghurts and milk	Fresh fruit, yoghurts and milk	Yoghurts and milk