

Free School Meals for ALL Primary Pupils in Tower Hamlets!

If your child attends a Tower Hamlets Primary School they are entitled to receive a hot nutritious meal and healthy dessert everyday regardless of the family's financial situation. This is worth up to £380 per child per year and is possible due to the Government's Universal Infant Free School Meal Scheme.

In addition Tower Hamlets own Mayors Meal Scheme has meant all junior aged children across the borough who are not otherwise entitled to a free meal receive a lunch every day without charge.

It is really important to ensure that if your child is entitled to a statutory free meal this is still claimed through your school or they will miss out on vital funding which provides money for improving facilities and staffing in your child's school. If you are in any doubt that your child may be entitled please be sure to speak to the School Secretary who will be happy to assist.

Top Tips for Healthy Eating

Our school meals will take care of ensuring your child eats healthily at school but what about at home? Here are some useful tips to maintain healthy eating at home too:

- Encourage children to help prepare the family meal according to age. When they are preparing vegetables let them know where they come from and how they are grown.
- Experiment with healthy food. Frozen banana Chunks make a great alternative to ice-cream or lollies.
- Leave a bowl of healthy snacks within easy reach to prevent unhealthy snacking.

Stepney Greencoat Primary

Lunchtime Menu

April 2016 to October 2016



Southern Baked Chicken



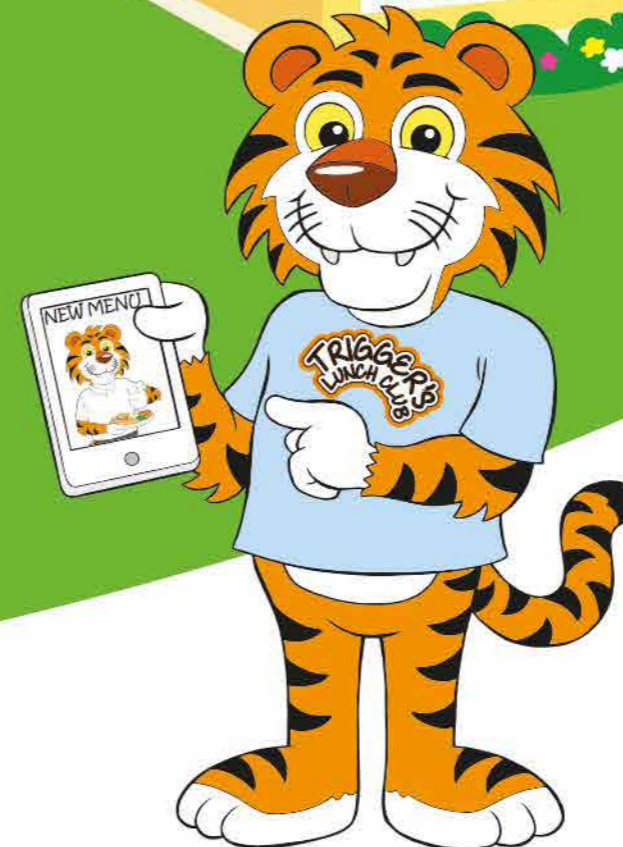
Ingredients

- 8 x Chicken Drumsticks
- 1 x Medium Egg
- ½ Cup of Flour
- ½ Teaspoon Mixed Herbs
- ½ Teaspoon Paprika
- ½ Teaspoon Black Pepper
- ½ Teaspoon White Pepper
- ½ Teaspoon Thyme
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Salt

Method

1. Remove skin, score drumsticks, wash and then dry the drumsticks.
2. In a bowl combine all the spices, herbs and flour to make the seasoning mix.
3. Beat the egg and set aside.
4. Dip the chicken in the egg mixture and then roll in the seasoning mix.
5. Place in a greased roasting tin and cook in the oven Gas Mark 5 or 190C
6. Cook for 40-50 minutes turning occasionally.
7. Probe Chicken to ensure juices run clear prior to serving.

www.myschoolslunch.co.uk/towerhamlets



The Contract Services team in your child's school works very hard to ensure the meals provided are healthy, nutritious and well balanced. Evidence suggests that such a lunchtime meal will improve the concentration and learning in afternoon lessons and in turn provide better educational and health outcomes for them.

Tower Hamlets has some of the highest levels of childhood obesity in England. We work closely with the local Community Dietitian and Healthy Schools Team to promote healthy eating and lifestyles. In January of this year school menus across England changed to ensure they met the Government's tough new food based guidelines and this latest menu of ours is fully compliant.

We are absolutely delighted to have recently been awarded the Soil Association's Food for Life Gold Catering Mark. This is the highest accolade for school menus and we are one of only a handful of local authorities across the country to provide such a high standard of menus each day. This independent assessment illustrates that no undesirable additives or GM foods are used in our menus along with high levels of seasonal, local, organic and Fairtrade produce. All the meat used in our recipes is from sources which meet high welfare standards.

We do hope that your child enjoys their school lunch and if you have any questions please do not hesitate to contact us through our website www.myschool lunch.co.uk/towerhamlets



Week Commencing	Monday	Tuesday	Wednesday	Thursday	Fisny Friday	
WEEK 1	11th April 2016	Battered Fish Fillet	Homemade Spaghetti Bolognese	Homemade Roast Turkey with Sage and Onion Stuffing	Organic Lamb Burger in a Bun	Sweet Chilli Chicken
	2nd May 2016	Homemade Baked Pasta	Birds Eye Baked Fish Fillet Fingers	Homemade Tuna Wholemeal Pasta Bake	Homemade Fish Pie	Quorn "Best of British" Sausage
	23rd May 2016	Homemade Vegetable Enchilada	TUGO Freshly Baked Pizza with Mixed Sweet Peppers	Homemade Jacket Potato with Baked Beans	Linda McCartney Veggie Balls in a Neapolitan Sauce	Homemade Roasted Vegetable Frittata
	13th June 2016	Steamed Brown and White Rice	Creamed Potatoes	Roast Potatoes	Baked Herby Diced Potatoes	Baked Chipped Potatoes
	4th July 2016	Garden Peas	Cauliflower Florets	Yorkshire Pudding	Sweetcorn	Garden Peas
	25th July 2016	Fresh Organic Carrots	Savoy Cabbage	Fresh UK Seasonal Vegetables	Broccoli Florets	Organic Baked Beans
	15th August 2016	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads
	5th September 2016	American Buttermilk Pancake with Strawberry Coulis	Freshly Baked Oat, Lemon and Sultana Cookie with Custard	Frozen Strawberry Yoghurt	Homemade Apple Crumble with Custard	FRUITY FRIDAY
	26th September 2016	British Cheese and Bread Sticks	Organic Yoghurt Selection	British Cheese and Bread Sticks	Organic Yoghurt Selection	Organic Yoghurt Selection
WEEK 2	17th October 2016	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	British Cheese and Bread Sticks
	18th April 2016	Organic Chicken Meatballs in a Homemade Neapolitan Sauce	Homemade Southern Baked Chicken Drumsticks	Homemade Roast Lamb with Mint Sauce	Battered Fish Fillet	Homemade Tandoori Chicken
	9th May 2016	Homemade Cod Steak in a Parsley Sauce	Homemade Fish and Coconut Curry	Rice Pop Coated Fish Fillet	Homemade Piri Piri Salmon Fillet	Cheese and Onion Cornish Pasty
	30th May 2016	Southern Quorn Burger in a Bun	Homemade Cheese and Coleslaw Wrap	Homemade Jacket Potato with Baked Beans	Homemade Mac 'n' Cheese	Wholemeal Penne Pasta with Vegetable Bolognese
	20th June 2016	New Potatoes	Baked Potato Wedges / Steamed Basmati Rice	Roast Potatoes	Steamed Brown and White Rice / Herby Garlic Bread	Baked Chipped Potatoes
	11th July 2016	Savoy Cabbage	Fresh Organic Carrots	Yorkshire Pudding	Green Beans	Garden Peas
	1st August 2016	Sweetcorn Cobbette	Sugar Snap Peas	Fresh UK Seasonal Vegetables	Ratatouille	Organic Baked Beans
	22nd August 2016	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads
	12th September 2016	Raspberry Arctic Roll	Homemade Chocolate Cake with Custard	Homemade Fruit Jelly with Peaches	Homemade Carrot Cake with Custard	FRUITY FRIDAY
WEEK 3	3rd October 2016	British Cheese and Bread Sticks	Organic Yoghurt Selection	British Cheese and Bread Sticks	Organic Yoghurt Selection	Organic Yoghurt Selection
	24th October 2016	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	British Cheese and Bread Sticks
	25th April 2016	BBQ Chicken Sausages	Homemade Lamb Rendang Curry	Homemade Roast Beef served with Gravy	Battered Fish Fillet	Homemade BBQ Chicken
	16th May 2016	Homemade Mediterranean Cod Steak	Birds Eye Baked Fish Fillet Fingers	Homemade Pasta Bake	TUGO Freshly Baked Pizza with Tuna and Red Onion	Quorn "Best of British" Sausage
	6th June 2016	Homemade Jacket Potato with Cheese	Sweet Potato Curry	Falafel Balls in a Homemade Chilli and Tomato Sauce	Homemade Quorn Stir-Fry	Homemade Vegetable Jollof Rice
	27th June 2016	Baked Herby Diced Potatoes	Steamed Brown and White Rice / Baked Potato Wedges	Roast Potatoes	Noodles	Baked Chipped Potatoes
	18th July 2016	Sweetcorn	Broccoli Florets	Yorkshire Pudding	Cauliflower Florets	Garden Peas
	8th August 2016	Fresh Organic Carrots	Garden Peas	Fresh UK Seasonal Vegetables	Sweetcorn	Organic Baked Beans
	29th August 2016	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads
19th September 2016	Dairy Cornish Ice-Cream with Mango Coulis	Homemade Banana Muffin Traybake with Custard	Chocolate Mousse with Homemade Shortbread Biscuit	Homemade Apple Pie with Custard	FRUITY FRIDAY	
10th October 2016	British Cheese and Bread Sticks	Organic Yoghurt Selection	British Cheese and Bread Sticks	Organic Yoghurt Selection	Organic Yoghurt Selection	
	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	British Cheese and Bread Sticks	

A choice of freshly baked organic bread, some served without spread is available daily. Low fat organic milk is available daily. Cherry tomatoes, coleslaw and cucumber served daily with two additional salads of the day.

Please note: Some dishes maybe subject to local changes using alternative healthy recipes to suit individual school needs.

