

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.

Malmesbury Primary

Lunchtime Menu

October 2016 to March 2017



Bombay Vegetable Biryani

4 Portions

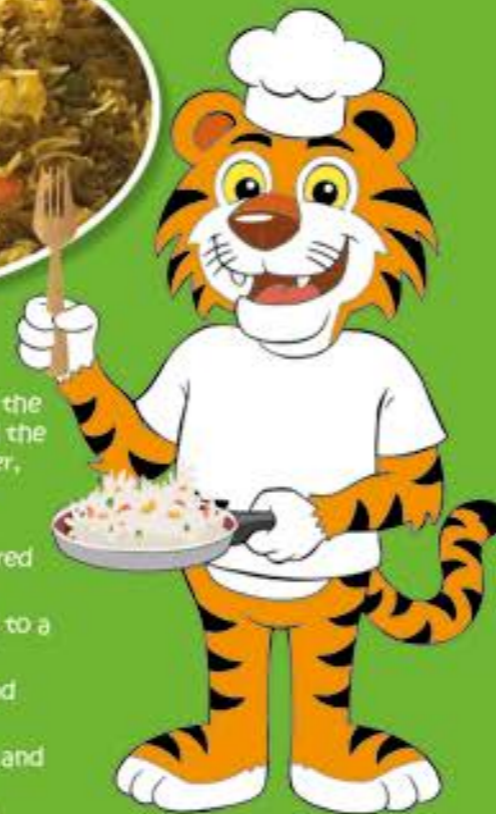


Ingredients

White Onions, finely diced	3 ½ oz
Cannellini Beans (Tinned)	3 ½ oz
Chick Peas (Tinned)	10 oz
Vegetable Oil	½ Teaspoon
Brown + White Rice	7 oz
Vegetable Stock	13.5 fl.oz
Ground Cinnamon	½ Teaspoon
Garlic Powder	½ Teaspoon
Curry Powder	½ Teaspoon
Turmeric	½ Teaspoon
Raisins	1 ½ oz
Ground Cumin	½ Teaspoon
Garden Peas	2 oz
Fresh Coriander	1 oz

Method

1. Finely dice the onion and cook in the vegetable oil until clear/soft, add the garlic along with the curry powder, turmeric, cinnamon and cumin.
2. Wash the rice to remove any excess starch and add the prepared vegetable stock.
3. Bring to the boil before reducing to a gentle simmer for 20mins.
4. Add the chick peas and beans and cook for a further 30mins.
5. Stir through the peas and raisins and cook for a final 10mins.
6. Add the chopped coriander and transfer to a suitable dish.



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.myschoolilunch.co.uk/towerhamlets



Week Commencing	Monday	Tuesday	Wednesday	Thursday	Fishy Friday	
WEEK 1	31 October 2016	Chicken Rigatone Pasta Bake	Organic Beef Meatloaf with Onion Gravy	Homemade Roast Turkey with Sage and Onion Stuffing	Organic Lamb Burger in a Bun with Mint, Yoghurt and Cucumber Dressing	Battered Fish Fillet
	21 November 2016	Mini Cheesy Fishcakes	TUGO Freshly Baked Pizza with Sweet Pepper and Red Onion	Homemade Fish and Coconut Curry	Linda McCartney Veggie Balls in a Neapolitan Sauce	Homemade Bombay Vegetable Biryani
	12 December 2016	Baked Potato Wedges / Herby Garlic Bread	Bubble and Squeak	Roast Potatoes / Steamed Basmati Rice	Baked Herby Diced Potatoes	Baked Chipped Potatoes
	02 January 2017	Garden Peas	Ratatouille	Yorkshire Pudding	Sweetcorn	Garden Peas
	23 January 2017	Fresh Organic Carrots	Savoy Cabbage	Fresh UK Seasonal Vegetables	Broccoli Florets	Organic Baked Beans
	13 February 2017	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads
	06 March 2017	British Cheese and Bread Sticks	British Cheese and Bread Sticks	British Cheese and Bread Sticks	Peaches and Custard	FRUITY FRIDAY inc. Fresh Melon and Pineapple Slices
WEEK 2	27 March 2017	Organic Yoghurt Selection	Strawberry Dairy Frozen Yoghurt	Organic Yoghurt Selection	Organic Yoghurt Selection	Organic Yoghurt Selection
	07 November 2016	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	British Cheese and Bread Sticks
	28 November 2016	Organic Chicken Meatballs in a Homemade Neapolitan Sauce	Homemade Shepherd's Pie	Homemade Organic Roast Beef	Homemade Tandoori Chicken	Battered Cod Goujons with a Lemon Wedge
	19 December 2016	Homemade Marinated Thai Cod Fillet	Rice Pop Coated Fish Fillet	Homemade Mediterranean Quorn Fillets	Homemade Mac 'n' Cheese	Soft Taco Shells with Linda McCartney Veggie Mince
	09 January 2017	New Potatoes / Noodles	Baked Potato Wedges	Roast Potatoes / Steamed Basmati Rice	Steamed Brown and White Rice / Herby Garlic Bread	Baked Chipped Potatoes
	30 January 2017	Savoy Cabbage	Fresh Organic Carrots	Yorkshire Pudding	Green Beans	Mushy Peas
	20 February 2017	Sweetcorn Cobbette	Sugar Snap Peas	Fresh UK Seasonal Vegetables	Cauliflower Florets	Organic Baked Beans
WEEK 3	13 March 2017	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads
	14 November 2016	British Cheese and Bread Sticks	British Cheese and Bread Sticks	British Cheese and Bread Sticks	Homemade Rice Pudding with Mandarins	FRUITY FRIDAY inc. Fresh Melon and Pineapple Slices
	05 December 2016	Organic Yoghurt Selection	Cornish Dairy Ice-Cream with Fruit Compote	Organic Yoghurt Selection	Organic Yoghurt Selection	Organic Yoghurt Selection
	26 December 2016	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	British Cheese and Bread Sticks
	16 January 2017	Chicken Sausage Toad in the Hole with Onion Gravy	Moroccan Lamb Kofte Kebab with Mint, Yoghurt and Cucumber Dressing	Homemade Roast Chicken with Sage and Onion Stuffing	Homemade Beef Rendang Curry	Battered Fish Fillet
	06 February 2017	Birds Eye Fish Fillet Fingers	Sweet Potato and Vegetable Curry	Homemade Piri Piri Salmon Fillet	Homemade Quorn Stir-Fry	Quorn "Best of British" Sausage
	20 March 2017	Creamed Potatoes / Baked Potato Wedges	Both served with: Steamed Brown and White Rice / Mini Naan Bread	Roast Potatoes	Steamed Basmati Rice / Noodles	Both served with: Baked Chipped Potatoes
27 February 2017	Sweetcorn	Broccoli Florets	Yorkshire Pudding	Cauliflower Florets	Garden Peas	
20 March 2017	Fresh Organic Carrots	Garden Peas	Fresh UK Seasonal Vegetables	Sweetcorn	Organic Baked Beans	
06 February 2017	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	
27 February 2017	British Cheese and Bread Sticks	British Cheese and Bread Sticks	British Cheese and Bread Sticks	Red Plums and Custard	FRUITY FRIDAY inc. Fresh Melon and Pineapple Slices	
06 February 2017	Organic Yoghurt Selection	Mango Dairy Frozen Yoghurt	Organic Yoghurt Selection	Organic Yoghurt Selection	Organic Yoghurt Selection	
27 February 2017	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. 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.

