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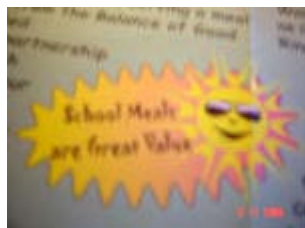


## Furze Infant School

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### Dinner Menus



New dinner menus are issued regularly and are given to the children, a few spare copies are kept in the school office for new children starting school.

The catering at our school is provided by Barking & Dagenham Catering Services.

On April 1st 2001, the Nutritional Standards for school meals became law. This means that your child's school will be serving a meal based upon foods from the Balance of Good Health.

All items are oven baked where possible and we DO NOT USE BEEF.

#### 5 a day programmes.

Catering services seek to ensure that the school meal has enough portions of fruit and vegetables to ensure your child can achieve the recommended 5 a day portions. By choosing Oscar's choice they can obtain at least 2 of the 5 portions each day.

Catering Services Winter / Spring 2004 /2005 Primary Menu.

All menu items in **bold** are healthy choices and can count towards the 5 a day plan.

**WEEKS COMMENCING 01-11-04 > 22-11-04 > 13-12-04**  
**17-01-05 > 07-02-05 > 07-03-05**



#### **MONDAY**

Turkey Drummer > Deep pan pizza > **Homemade turkey/vegetable korma** > Potato smiles > **Basmati rice** > Pasta triangles



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Pasta twists.

**Choice of vegetables**

Homemade crunchy bar > **Tinned fruit** & custard.

**TUESDAY**

Fish Fingers > Turkey Twizzler > **Homemade Lamb & vegetable casserole / vegetable casserole** > Mini waffle > **Vegetable eply** > Baked beans > **Choice of vegetables.**  
**Fruit jelly** > Iced sponge topped with fruit.

**WEDNESDAY**

Pork sausage roll > Turkey spellbinders > **Homemade cheese & vegetable flan** > New potatoes > **Sweetcorn pasta** > **Garden peas** > **Mixed salad.**  
Mousse topped with **peaches** > **Fresh fruit/Yoghurt** > **Pure orange juice.**

**THURSDAY**

Chipolata sausages > Roast chicken & stuffing > **vegetable lasagne** > Roast potatoes > Creamed potatoes > Spaghetti rings > **Choice of vegetables.**  
Iced finger bun > **Homemade fruit crumble** > Custard.

**FRIDAY**

Savoury burger bap > Hot dog & onions > Fish burger/  
**vegetable burger** > chipped potatoes > Pasta choice > Tomato ketchup & **coleslaw** > **Sliced tomato & cucumber.**  
Jam doughnut > **Homemade fruit shortcake biscuits.**



**WEEKS COMMENCING > 08-11-04 > 29-11-04 > 20-12-04  
> 24-01-05 > 21-02-05 > 14-03-05**



**MONDAY**

Turkey twizzler > **Homemade cheese & sweetcorn flan** > **Homemade lamb / Vegetable bolognese** > Potato croquettes > **Pasta choice** > Baked beans > **Choice of vegetables** > Dairy cream sponge > Instant whip topped with **fresh fruit.**

**TUESDAY**

*Chicken shooting star* > *Turkey meatballs in tomato sauce* > **Vegetable finger** > Large waffle > **Spaghetti** > Pasta twists > **Choice of vegetables** > Mousse > **Homemade fruit pie & custard.**



### WEDNESDAY

Roast pork & apple sauce > Turkey drummer > **Cheese & onion pasty** > Yorkshire pudding > Mini roast potatoes > Creamed potatoes > **Choice of vegetables** > Gravy > Dairy dessert > **Homemade fruit cobbler** & custard.

### THURSDAY

Individual mini pizza > Jimmy the fish > **Paella ( contains shellfish)** > Jacket potato > Potato smiles > **Choice of vegetables** > **Mixed salad** > **Carrot cake** & custard > **Fresh fruit / yoghurt** > **Pure Orange juice.**



### FRIDAY

Fish fingers > Chipolata sausages/ **vegetable sausage** > Minced lamb & vegetable pudding > Gravy > Creamed potatoes > **Vegetable cous-cous** > Spaghetti rings > **Choice of vegetables** > **Fruit jelly** & cream > Strawberry slice.

**WEEKS COMMENCING 15-11-04 > 06-12-04 > 10-01-05 > 31-01-05 > 28-02-05**



### MONDAY

Chicken burger / **vegetable burger** > **Homemade shepherds pie topped with swede, carrot & potato** > Fish shark > Creamed potatoes > **vegetable pasta** > **Mixed salad & sweetcorn** > mousse topped with **fresh fruit** > **Fresh fruit / yoghurt** > **pure apple juice.**

### TUESDAY

Chipolata sausages > Turkey drummer > **Homemade macaroni cheese** > Duchesse potatoes > **Pasta choice** > Soccer pasta > Choice of vegetables > **Homemade wholemeal fruit shortcake biscuits** > **Tinned fruit** & custard.

### WEDNESDAY

Savoury cheeseburger bap > Hot dog roll & onions > Fish finger roll / **vegetable roll** > chipped potatoes > **pasta choice** > Tomato ketchup > **Coleslaw** > **Sliced tomato & cucumber** > Lemon swiss roll & custard > **Homemade crunchy bar.**

### THURSDAY

Roast lamb & mint sauce > **Minced turkey & vegetable pie** > **Vegetable sausage** > Mini roast potatoes > **Choice of vegetables** > Yorkshire pudding & gravy > Individual apricot sponge > Mini choc swiss roll

sponge > mini choc Swiss roll.

#### **FRIDAY**

Chicken shooting star > Mini frikadellens > **Homemade vegetable tagliatelle** > Potato mini waffles > **Savoury ebly** > Pasta twists > **Choice of vegetables** > Choc ice > **Fruit sponge & custard.**

**INCLUDED** in our choices, salad, bread & low fat spread, mixed fresh fruit, sunny raisins, yoghurt, cheese & biscuits and custard available every day. Fruit drink, fruit juice or milk carton will be provided each day for all pupils.

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