

FREE SCHOOL MEALS

FREE
school meals
You could save
£500
a year
per child!

FOR PRIMARY SCHOOL CHILDREN



All primary children in Newham are eligible for a nutritious lunch every school day.

WE ARE NEWHAM.

School lunches help energise pupils for a busy afternoon of work and play. Help your child by signing up today.

About school meals

- Primary school meals are free
- All Newham primary school children are eligible
- Made with quality food and fresh ingredients
- Contains 2 of the recommended 5-a-day portions of fruit and vegetables
- With food pupils love
- **Save £500 per child this year, as well as the time it takes to buy and make packed lunches, by choosing free school meals.**



To apply for free school meals, visit:

www.newham.gov.uk/freeschoolmeals

Help for your child's schooling

All primary-aged pupils in Newham receive free school meals, but if you get other benefits too, please let your school know as they will be able to have additional funding to help with your child's education.

Do you or your friends have children in secondary school?

If you receive one of the benefits listed on the form, your child could be receiving funding for hot, healthy and nutritious meals each school day.



SAMPLE MENU

	MON	TUE	WED	THU	FRI
Main choice	'New York' style meatballs with penne pasta	Homemade BBQ chicken pizza	Roast chicken, lemon/thyme stuffing, roast or new potatoes	Lamb and vegetable jollof rice	Pollock in batter with lemon mayo and chips
Vegetarian choice	Jacket potato with veg fillings	Homemade mozzarella, tomato and basil pizza	Lentil roast, lemon/thyme stuffing, roast or new potatoes	Tuscan mixed bean pasta bake with focaccia	Sweet potato topped keema spiced vegetarian shepherd's pie
Extra choice	Veggie sausage Hot dog in roll	Chicken paella rice pot	Tandoori chicken and naan	Southern style Quorn burger in roll with slaw	Veggie brunch muffin with chips
Veg selection	Sweetcorn Fresh broccoli	Fresh carrots Green beans	Seasonal fresh veg	Mixed veg Sweetcorn	Garden peas Baked beans
Dessert	Apple and sultana crunch with ice cream	Strawberry frozen yoghurt with fruit	Jelly with summer fruits	St Clement's drizzle cake	Black forest slice
Daily options	Salad bar, deli options, freshly baked bread, fresh fruit, fruit yoghurt, cheese and biscuits				