

## FREE SCHOOL MEALS

Your child may be eligible for free school meals if you receive one of the following:

- Income Support
- Income Based Job Seekers Allowance
- Income Related Employment and Support Allowances ESA(IR)
- Child Tax Credit providing you are **not** entitled to Working Tax Credit and your annual income as assessed by Revenues and Customs is below £16,190
- Guaranteed Element of State Pension Credit

Or if you are supported by NASS and supported under Part VI of the Immigration and Asylum Act 1999. You must provide your NASS reference number.

Please ask the Campsbourne School office for an application form or contact the Revenues, Benefits and Customer Services.

Tel: 020 8489 1000  
Email: fsm@haringey.gov.uk

This information was correct at time of going to print.

## SUMMER/AUTUMN LUNCH MENU

Welcome to the Spring/Summer menu, this menu will run from July until the end of the Summer Term.

### THEME MENUS

Themed menus have proved popular and as a result we are putting some dates in the diary from more!

- February - Chinese New Year
- October—Black History
- December - Festive Menu

Further information will be available in school closer to these dates.

### MENU AND PRICES

The cost of a primary school meal is £2.20 for children in Year 3 and above. Children in Reception, Year 1 and Year 2 have their school meals paid for by the Government. For this price your child can have a two course meal—a hot or cold main course and a pudding plus vegetables/salad and Organic bread. A drink will also be provided with the meal.

### SPECIAL DIET AND ALLERGIES

Please let your school know if your child has any special dietary needs.

## ONLINE PAYMENTS

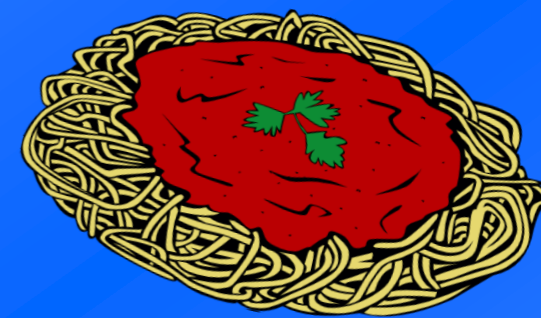
Campsbourne School has an online payment system which allows parents to make payments for school dinner money, after-school club and breakfast club.

You will need to register for this first, which is a straight-forward process.

To register please visit the school office or contact us by email [admin@campsbourne.haringey.sch.uk](mailto:admin@campsbourne.haringey.sch.uk). You will be given written instructions together with a unique code for your child / children to use when making payments.

If you have already registered with us you can pay by visiting;

<https://www.scopay.com/campsbourne>



# LET'S EAT LUNCH SCHOOL MENU

## Spring/ Summer 2018

**Week 1:** 16th April / 7th May / 4th June / 25th June and 16th July

**Week 2:** 23rd April / 14th May / 11th June / 2nd July

**Week 3:** 30th April / 21st May / 18th June / 9th July





# WEEK ONE

**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**

**MAIN COURSE**

Vegetable Chow Mein  
 .....  
 Jacket Potatoes, Tuna, Cheese and Beans  
 .....  
 Assorted Sandwich

Lamb Burger & Chips  
 .....  
 Jamaican Pattie (v)  
 .....  
 Cheese Sandwich

Roast Turkey with Roast Potatoes & Yorkshire Pudding  
 .....  
 Cheese Quiche  
 .....  
 Tuna Salad Sandwich

Lamb Curry with naan bread & Plain Rice  
 .....  
 Bean Burger, Rice  
 .....  
 Tuna Mayo Sandwich

Jumbo Fish Fingers in Batter with Jacket Wedges  
 .....  
 Mediterranean Stew on Toast with Jacket Wedges  
 .....  
 Fish Cakes

**VEG / SALAD**

Sweetcorn  
 .....  
 Beetroot  
 Coleslaw  
 Mixed Salad

Baked Beans  
 .....  
 Greek Salad  
 Tomato and Olives  
 Tomato  
 Cucumber  
 Beetroot

Sliced Carrots  
 .....  
 Carrot  
 Tomato and Olive  
 Coleslaw

Peas  
 .....  
 Cucumber  
 Sweetcorn  
 Mixed Salad  
 Coleslaw

Baked Beans  
 .....  
 Caesar Salad  
 Pasta Salad  
 Mixed Salad  
 Eggs  
 Coleslaw

**DESSERTS**

Peaches and Custard  
 .....  
 Homemade Yoghurt and Fruit  
 .....  
 Assorted Fresh Fruits

Chocolate Sponge and Custard  
 .....  
 Homemade Yoghurt and Fruit  
 .....  
 Assorted Fresh Fruits

Tin fruit With Ice Cream  
 .....  
 Homemade Yoghurt and Fruit  
 .....  
 Assorted Fresh Fruits

Carrot Cake  
 .....  
 Homemade Yoghurt and Fruit  
 .....  
 Assorted Fresh Fruits

Fruit Jelly and Homemade Cheesecake  
 .....  
 Homemade Yoghurt and Fruit  
 .....  
 Assorted Fresh Fruits

(v) Vegetarian option. Organic Bread & Water Available Daily.

# WEEK TWO



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAIN COURSE**

Macaroni Cheese and Jacket Potato

Penne Pasta Bake

Tuna and Sweetcorn Sandwich

Chicken Sausages with Cream Potato

Vegetable Sausages  
Vegetarian Cottage Pie with Quorn Mince (V)

Cheese Sandwich

Spaghetti Bolognese

Vegetable Lasagne

Tuna Sandwich

Caribbean Chicken with Rice and Peas

Jacket Potato with Baked Beans

Cheese Sandwich

Salmon Goujons with Jacket Wedges

Stir-fry Vegetables with Noodles

Fish Fingers

**VEG / SALAD**

Broccoli

Tomato and Basil  
Coleslaw  
Beetroot Salad  
Eggs

Peas & Gravy

Tuna Sweetcorn  
Mixed Salad  
Tomato and Cucumber  
Greek Salad

Carrots

Mixed Salad  
Beetroot Salad  
Three Bean Salad  
Greek Salad

Farmhouse Mixed Vegetables

Beetroot  
Tomato and Cucumber  
Mixed Salad

Baked Beans

Waldorf Salad  
Tabbouleh Salad  
Pasta Salad  
Red Cabbage

**DESSERTS**

Apple Crumble with Custard

Homemade Yoghurt and Fruit

Assorted Fresh Fruits

Frozen Yoghurt with Fruit Cocktail

Homemade Yoghurt and Fruit

Assorted Fresh Fruits

Homemade Carrot Cake Muffins

Homemade Yoghurt and Fruit

Assorted Fresh Fruits

Cheese and Crackers with Raisins

Homemade Yoghurt and Fruit

Assorted Fresh Fruits

Fruit Jelly with Ice Cream

Homemade Yoghurt and Fruit

Assorted Fresh Fruits

(v) Vegetarian option. Organic Bread & Water Available Daily.



# WEEK THREE

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAIN COURSE**

Jacket Potato with a Selection of Toppings

Tuna Pasta Bake

Cheese / Vegetable Pizza  
Garlic Bread

Roast Chicken, Stuffing, Yorkshire Pudding and Gravy

Lentil Burger

Cheese Sandwich

Lamb Meatballs in Tomato Sauce with Pasta and Garlic Bread

Moroccan Vegetable Stew

Tuna & Cucumber Sandwich

BBQ Chicken or Chicken Curry with Steamed Rice and Naan Bread

Cheese Flan

Cheese Salad Sandwich

Baked Premier Fish Fingers and Chips

Savory Pastry Roll and Chips

Fish Cake

**VEG / SALAD**

Sweetcorn

Beetroot Salad  
Carrots and Raisins  
Chopped Cucumber  
Tomato and Olive

Mixed Vegetables

Rainbow Coleslaw  
Mixed Salad  
Beetroot Salad  
Red Cabbage  
Avocado

Sliced Carrots

Greek Salad  
Leaf Salad  
Tomato and Basil

Sweetcorn and Broccoli

Potato Salad  
Coleslaw  
Mixed Salad  
Boiled eggs  
Greek Salad

Baked Beans

Pasta Salad  
Tomato and Basil  
Mixed Salad  
Cheese Sticks  
salad

**DESSERTS**

Rice Pudding and Fruit  
Compote

Homemade Yoghurt and  
Fruit

Assorted Fresh Fruits

Homemade Lemon Sponge  
and Custard

Homemade Yoghurt and  
Fruit

Assorted Fresh Fruits

Peaches and Ice Cream

Homemade Yoghurt and  
Fruit

Assorted Fresh Fruits

Chilled Melon

Homemade Yoghurt and  
Fruit

Assorted Fresh Fruits

Fruit Jelly with Fruit

Homemade Yoghurt and  
Fruit

Assorted Fresh Fruits

(v) Vegetarian option. Organic Bread & Water Available Daily.