



Try a School meal for Yourself

School meals are healthy, tasty and nutritious

Try making
tasty Thai Beef
Stir Fry!

Try making this simple recipe for your family at home. It's an example of what can be found on our school meal menu



Thai Beef Stir Fry

Ingredients

10ml	Vegetable oil
70g	Sliced onions
5g	Thai spice
1	Red pepper sliced
300g	Rump or topside of beef thinly sliced
20ml	Dark soy sauce
Salt and pepper to taste.	
Serves 4	

Method

1. Heat the oil in a wok or frying pan, add the onions and peppers and fry until soft
 2. Add the beef and fry quickly to seal,
 3. Add the spice, salt and pepper and fry for 4 to 5 minutes.
 4. Add the soy sauce – stir and heat until the sauce is all mixed in.
 5. Adjust the seasoning to taste adding more thai spice if needed.
- Serve with stir fried noodles or pasta.

Did you know your child may be eligible for free school meals?
The process to apply has now been made simpler, so don't miss out.

For more information on school meals visit
www.walthamforest.gov.uk/schoolmeals or call
Waltham Forest Direct on 020 8496 3000.

