

Secondary Autumn Winter Menu 2020

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY GRAB N GO
MAIN CHOICE 1	Beef Bourguignon with Mash Potatoes	Homemade Chicken & Sweetcorn Pie with Parsley New Potatoes	Sausages & Onions with Spicy Jacket wedges	Jerk Chicken with Rice & Peas	Catch of the Day with Tartare Sauce with Chipped Potatoes
VEGETARIAN CHOICE	Tomato & Pasta Bake	Vegetable Stir Fry with Ginger & Garlic	Katsu Curry with Mixed Rice	Cheese & Sweetcorn Quiche with Saute Potatoes	Mac 'n' Cheese
Hot Box	Sticky Chicken with Fluffy Rice	Salmon Fillet in a Bun with Winter Slaw	Lamb Biryani	Beef Chow Mein	Fish Fingers & Chips
JACKET POTATO	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings
PASTA POTS	Pasta with Freshly Made Basilica Sauce	Pasta with Freshly Made Creamy Mushroom Sauce	Pasta with Freshly Made Bolognese Sauce	Pasta with Freshly Made Pomodoro Sauce	Pasta with Freshly Made Herby Cheese sauce
VEGETABLES	Green Beans Roasted Seasonal Vegetables	Fresh Seasonal Broccoli Mixed Vegetables	Sweetcorn Fresh Seasonal Green Cabbage	Minted Garden Peas Fresh Seasonal Organic Carrots	Stir Fried Courgettes Baked Beans
SEASONAL SALADS	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads
DESSERTS	Marble Sponge and Custard	Fruit & Ice Cream	Chocolate Cracknel and Chocolate Sauce	Carrot Cake & Custard	Fruity Bread & Butter Pudding with Custard
FRESH FRUIT / YOGURT	Fresh Fruit 30p/ Fruit Pots 80p/Organic Fruit Yogurt 45p/Ice Cream tub 60p	Fresh Fruit 30p/ Fruit Pots 80p/Organic Fruit Yogurt 45p/Ice Cream tub 60p	Fresh Fruit 30p/ Fruit Pots 80p/Organic Fruit Yogurt 45p/Ice Cream tub 60p	Fresh Fruit 30p/ Fruit Pots 80p/Organic Fruit Yogurt 45p/Ice Cream tub 60p	Fresh Fruit 30p/ Fruit Pots 80p/Organic Fruit Yogurt 45p/Ice Cream tub 60p
Selection of Freshly Prepared Sandwiches/ Baguettes/Wraps	Sandwiches from £1.55 Baguettes from £1.60 Wraps from £1.60	Sandwiches from £1.55 Baguettes from £1.60 Wraps from £1.60	Sandwiches from £1.55 Baguettes from £1.60 Wraps from £1.60	Sandwiches from £1.55 Baguettes from £1.60 Wraps from £1.60	Sandwiches from £1.55 Baguettes from £1.60 Wraps from £1.60
WATER AND FRUIT DRINKS	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p

All cakes, pastry and pizza bases are freshly made using organic flour
 N.B. Where halal meat has been requested by the school, it is HFA certified (or equivalent)
 Information on allergens present in this menu is available at www.walthamforest.gov.uk/schoolmeals or at the school
 VE Vegan

Main Meal & Dessert £2.56, Main Meal & Water £2.56, Main Meal Only £2.20, Dessert Only £1, Friday Only Portion of Chips £1.25