

Secondary School Autumn Menu 2020

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY GRAB n GO
MAIN CHOICE 1	Savoury Beef Bolognese	Hot 'n' Kickin Chicken with Spicy Jacket Wedges	Chilli Con Carne served with Mixed Rice	Sweet & Sour Chicken with Mixed Rice	MSC Catch of the Day with Tartare Sauce with Chipped Potatoes
VEGETARIAN CHOICE	Layered Italian Bake	Roasted Mediterranean Vegetable Tagliatelle	Chilli Dog with Saute Potatoes	Five Layer Vegetable Lasagne	Mushroom Risotto (VE)
HOT BOX	Chicken Creole	Italian Meat Balls in a Spicy Tomato Sauce with Mixed Rice	Southern Chicken Bites & Savoury Rice	Pizza Slice with Winter Slaw	MSC 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 POT	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
UNLIMITED VEGETABLES	Fresh Seasonal Broccoli Sweetcorn	Fresh Seasonal Organic Carrots Minted Garden Peas	Fresh Seasonal Mediterranean Roasted Vegetables	Fresh Seasonal Cabbage Green Beans	Minted Garden Peas Baked Beans
UNLIMITED 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	Banana Cake and Custard	Rice Pudding with Winter Berries	Apple Crumble and Custard	Chocolate Cake with Custard Sauce	Fruit Jelly Pots
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
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
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