WEEK 1

19 April, 3 May, 17 May, 7 June, 21 June, 5 July, 19 July

Monday

CHOOSE FROM
Homemade Cheese & Sweetcorn Quiche with Herby Diced Potatoes (V)
Quorn Thai Style Jasmine Rice (V)
Jacket Potato (VG) with a choice of fillings

HOTBOX
Spicy Vegetable Quesadilla & Mixed Salad (V)

PASTA POTS
Pasta with freshly made sauce

UNLIMITED
Green Beans, Roasted Seasonal Vegetables, Fresh Salad

DESSERT
Eton Mess
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Cheese & Biscuits
Jelly / Ice Cream

Tuesday

CHOOSE FROM
Chicken Korma with Mixed Rice
Flatbread with Dahl (VG)
Jacket Potato (VG) with a choice of fillings

HOTBOX
Vegetable Stir Fry with Ginger & Noodles (VG)

PASTA POTS
Pasta with freshly made sauce

UNLIMITED
Fresh Seasonal Broccoli, Mixed Vegetables, Fresh Salad

DESSERT
Carrot Cake & Custard
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Cheese & Biscuits
Jelly / Ice Cream

Wednesday

CHOOSE FROM
Sausages with Caramelised Onions, Gravy & Creamy Mash Potato
Roasted Mediterranean Vegetable Tagliatelle (VG)
Jacket Potato (VG) with a choice of fillings

HOTBOX
Bolognaise Bake

PASTA POTS
Pasta with freshly made sauce

UNLIMITED
Sweetcorn, Fresh Seasonal Green Cabbage, Fresh Salad

DESSERT
Chocolate Cracknel with Chocolate Sauce
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Cheese & Biscuits
Jelly / Ice Cream

Thursday

CHOOSE FROM
Jerk Chicken with Rice & Peas
Salmon Pasta Bake (V)
Jacket Potato (VG) with a choice of fillings

HOTBOX
Cheese & Onion Tart with Spicy Wedges (V)

PASTA POTS
Pasta with freshly made sauce

UNLIMITED
Stir Fried Courgettes, Minted Garden Peas, Fresh Salad

DESSERT
Creamed Rice Pudding with Fruit Compote
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Cheese & Biscuits
Jelly / Ice Cream

Friday

CHOOSE FROM
Catch of the Day with Tartare Sauce with Chipped Potatoes (V)
Tex Mex Wrap (V)
Jacket Potato (VG) with a choice of fillings

HOTBOX
Fish Fingers & Chips (V)

PASTA POTS
Pasta with freshly made sauce

UNLIMITED
Baked Beans, Fresh Seasonal Organic Carrots, Fresh Salad

DESSERT
Homemade Fruit Trifle
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Cheese & Biscuits
Jelly / Ice Cream

WEEK 2

26 April, 10 May, 24 May, 14 June, 28 June, 12 July

Monday

CHOOSE FROM
Chilli Dog with Saute Potatoes (V)
Arrabiatta Pasta (VG)
Jacket Potato (VG) with a choice of fillings

HOTBOX
Mexican Style Quorn Loaded Burrito (V)

PASTA POTS
Pasta with freshly made sauce

UNLIMITED
Fresh Seasonal Broccoli, Sweetcorn, Fresh Salad

DESSERT
Peach Melba
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Cheese & Biscuits
Jelly / Ice Cream

Tuesday

CHOOSE FROM
Beef Bolognaise with Wholemeal Spaghetti
Creamy Mac 'n' Cheese & Garlic Bread (V)
Jacket Potato (VG) with a choice of fillings

HOTBOX
Chicken Zinger Wrap & Mixed Salad (V)

PASTA POTS
Pasta with freshly made sauce

UNLIMITED
Fresh Seasonal Organic Carrots, Minted Garden Peas, Fresh Salad

DESSERT
Fruity Flapjack
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Cheese & Biscuits
Jelly / Ice Cream

Wednesday

CHOOSE FROM
Chicken Biryani
Layered Italian bake (V)
Jacket Potato (VG) with a choice of fillings

HOTBOX
Vegetable Samosa & Mixed Rice (VG)

PASTA POTS
Pasta with freshly made sauce

UNLIMITED
Fresh Seasonal Mediterranean Roasted Vegetables, Fresh Salad

DESSERT
Apple Crumble with Custard
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Cheese & Biscuits
Jelly / Ice Cream

Thursday

CHOOSE FROM
Squash & Thyme Coconut Curry with Mixed Rice (VG)
Hot 'n' Kickin Chicken & Spicy Jacket Wedges
Jacket Potato (VG) with a choice of fillings

HOTBOX
Quorn Bolognaise & Basil Pesto Potato Skins (V)

PASTA POTS
Pasta with freshly made sauce

UNLIMITED
Fresh Seasonal Cabbage, Green Beans, Fresh Salad

DESSERT
Chocolate Cake with Chocolate Sauce
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Cheese & Biscuits
Jelly / Ice Cream

Friday

CHOOSE FROM
MSC Catch of the Day with Tartare Sauce (V)
Oven Baked Ratatouille (VG)
Jacket Potato (VG) with a choice of fillings

HOTBOX
MSC Fish Fingers & Chips (V)

PASTA POTS
Pasta with freshly made sauce

UNLIMITED
Minted Garden Peas, Baked Beans, Fresh Salad

DESSERT
Lemon Cheesecake
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Cheese & Biscuits
Jelly / Ice Cream

Please note: all cakes, pastry and pizza bases are freshly made using organic flour. 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.

(V) Vegetarian Option (VG) Vegan Option

Committed to reducing sugar in our menus

We are proud to have taken further steps to reduce the amount of sugar that children are eating whilst at school, which can lead to tooth decay and obesity. We have reduced the number of sugar based desserts and introduced cheese and crackers with apple every day.

Waltham Forest CATERING