









**London Borough of Waltham Forest**

**Menu Listing with Allergens**







**Menu: Spring/Summer Menu  
Wednesday Week 1 2024**

**Contains**

-  Contains
-  May Contain
-  Does Not Contain
-  No Information

- Rye
- Oats
- Barley
- Walnuts
- Pistachio Nuts
- Pecan Nuts
- Macadamia Nuts
- Hazelnuts
- Cashew Nuts
- Brazil Nuts
- Almonds
- Wheat
- Nuts
- Soya
- Sulphur Dioxide and Sulphites
- Sesame
- Peanuts
- Mustard
- Molluscs
- Milk
- Lupin
- Fish
- Eggs
- Crustaceans
- Cereals containing Gluten
- Celery

**Product Description**

|                                  |   |   |   |   |   |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|----------------------------------|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Shepherdess Pie                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gravy                            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacket Potato and baked Beans    |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chilli Con Carne                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Italian Rice                     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Saute Spring Greens              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mixed Vegetables                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Floating Mandarin Jelly          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Seasonal Fruit Salad             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fruit Platter 1 (Ap Or, Ba,, Me) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Allergen Free Bread              |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |



