

Primary Schools

Autumn/Winter Menu 2019/2020



We are proud to be a 'Gold Food for Life Served Here' school meal provider. This is the highest level awarded by the soil association.

Provider of excellent quality, freshly cooked, tasty, nutritious school meals.



WEEK 1

Monday

CHOOSE FROM

- Homemade Cheese & Tomato Pizza served with Garlic Bread
- Vegetarian Chilli
- Quorn Thai Style Jasmine Rice

SIDES

50/50 Rice

UNLIMITED

Sweetcorn, Minted Garden Peas, Choice of Fresh Salads, Homemade Crusty Bread

DESSERT

Cheese & Crackers with Fresh Apple Slice, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

Tuesday

CHOOSE FROM

- Beef Bolognese
- Vegetarian Bolognese
- Jacket Potato served with a choice of fillings

SIDES

Wholemeal Spaghetti

UNLIMITED

Mixed Vegetables, Broccoli, Choice of Fresh Salads, Homemade Garlic Bread

DESSERT

Peaches & Custard, Cheese & Crackers with Fresh Apple Slice, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

Wednesday

CHOOSE FROM

- Honey Roast Chicken Thigh served with Sage & Onion Stuffing and Gravy
- Red Lentil Loaf served with Gravy
- Tomato & Basil Pasta

SIDES

Rosemary Roast Potatoes

UNLIMITED

Shredded Green Cabbage, Cauliflower, Choice of Fresh Salads, Homemade Bread Rolls

DESSERT

Apple Crumble & Custard, Cheese & Crackers with Fresh Apple Slice, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

Thursday

CHOOSE FROM

- Homemade Cottage Pie served with Gravy
- Vegetable Biryani
- Homemade Pepper & Sweetcorn Quiche

SIDES

1/2 Jacket Potato

UNLIMITED

Organic Carrot Batons, Green Beans, Choice of Fresh Salads, Homemade Wholemeal Bread

DESSERT

Pineapple & Ice Cream, Cheese & Crackers with Fresh Apple Slice, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

Friday

CHOOSE FROM

- MSC Golden Crumb Fish Fingers with Lemon
- Mac 'n' Cheese
- MSC Lemon Crumb Salmon Fillet served with Lemon Twist

SIDES

Oven Baked Chipped Potatoes

UNLIMITED

Minted Garden Peas, Baked Beans, Choice of Fresh Salads, Homemade French Stick

DESSERT

Homemade Shortbread Biscuit & Organic Milk, Cheese & Crackers with Fresh Apple Slice, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

WEEK 2

CHOOSE FROM

- Tomato & Vegetable Pasta Bake
- Cannellini Bean & Spinach Curry
- Jacket Potato served with a choice of fillings

SIDES

50/50 Mixed Rice

UNLIMITED

Organic Carrot Batons, Sweetcorn, Choice of Fresh Salads, Homemade Crusty Bread

DESSERT

Cheese & Crackers with Fresh Apple Slice, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

CHOOSE FROM

- Hot & Kicking Chicken
- Fresh Vegetable & Chick Pea Stir Fry with Noodles
- Arrabiatta Pasta

SIDES

Jacket Potato Wedges

UNLIMITED

Broccoli, Mixed Vegetables, Choice of Fresh Salads, Homemade Focaccia Bread with Rosemary

DESSERT

Chocolate Sponge & Chocolate Sauce, Cheese & Crackers with Fresh Apple Slice, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

CHOOSE FROM

- Savoury Beef in a Yorkshire Pudding
- Vegetable Korma
- Quorn Sausage Casserole with Beans

SIDES

50/50 Mixed Rice

UNLIMITED

Cauliflower, Minted Garden Peas, Choice of Fresh Salads, Organic Homemade Herby Bread

DESSERT

Fruit Jelly Pot, Cheese & Crackers with Fresh Apple Slice, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

CHOOSE FROM

- Oven Baked Sausages with Fried Onions & Gravy
- Vegetable Jollof Rice
- Jacket Potato served with a choice of fillings

SIDES

Creamed Mashed Potato

UNLIMITED

Roasted Seasonal Vegetables, Choice of Fresh Salads, Homemade Crusty Bread

DESSERT

Mandarin Oranges with Custard, Cheese & Crackers with Fresh Apple Slice, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

CHOOSE FROM

- MSC Fish Finger with Lemon Wedge
- Cheese & Sweetcorn Frittata
- Crispy Homemade Battered MSC Fish Fillet

SIDES

Chipped Potatoes

UNLIMITED

Mixed Peas & Sweetcorn, Baked Beans, Choice of Fresh Salads, Homemade Garlic Bread Slice

DESSERT

Fruit Salad, Cheese & Crackers with Fresh Apple Slice, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

SEPTEMBER

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

OCTOBER

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

NOVEMBER

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

DECEMBER

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

JANUARY

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

FEBRUARY

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

MARCH

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			



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.



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.

About us

The principal catering provider to schools within the London Borough of Waltham Forest, we currently provide school meals to 62 primary and secondary schools, Academies and Free schools, as well as servicing schools in neighbouring boroughs such as Haringey and Redbridge.

With an established team of over 300 commercially trained and fully vetted staff, Waltham Forest Catering provide a high quality, cost effective and customer focused service that includes full absence cover.

Our freshly cooked Gold Standard school lunches provide on average one third of a child's daily nutritional needs.

Proud to hold the Soil Association's 'Food For Life Served Here' Gold Catering Mark for our Primary School lunches and their Silver Catering Mark for our Secondary School Lunches.



What you can expect from our service:

- Nutritious meals that are freshly cooked on site using high quality, fresh, raw ingredients
- Friendly, well-trained, fully vetted catering staff, ensuring a consistent and reliable school meals service
- Seasonally varied menus that meet School Food Standards, include full allergen information and nutritional analysis and can be tailored to meet the needs of your school's diverse community
- Homemade pizza, bread, pastries, cakes and sauces using organic flour
- Some organic beef, lamb and chicken all traceable back to the farm
- Sustainably sourced fish
- Unlimited fresh vegetables and salad
- All desserts served with a choice of fresh fruit
- Set or bespoke menu options for events and functions
- Termly service review meetings with your Area Manager

Independent verification of standards means that schools, parents, children and young people can be confident that WFC school meals are excellent quality.

In addition to school meals, WFC can provide school function catering on request via the Cook Supervisor. WFC's function menu provides set options to meet most school, academy and free school event requirements on a cost per person basis. Alternatively, WFC are happy to provide advice and individual quotes for bespoke catering for special events or to tailor any of our menus to meet specific needs.