



Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1

CHOOSE FROM

- Homemade Cheese & Tomato Pizza
- Quorn Fajitas
- Jacket Potato served with a Choice of Fillings

SIDES

Oven Baked Jacket Wedges

UNLIMITED

Coleslaw, Minted Garden peas, Choice of Fresh Salads, Organic Homemade Cheesy Bread

DESSERT

Carrot Cake with Organic Milk & Fresh Fruit Slice, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

CHOOSE FROM

- Homemade Crusty Topped Chicken & Sweetcorn Pie
- Homemade Shepherdess Pie
- MSC Lemon Crumb Salmon Fillet

SIDES

Steamed Parsley New Potatoes

UNLIMITED

Green Beans, Fresh Seasonal Organic Carrots, Choice of Fresh Salads, Organic Homemade Tomato Bread

DESSERT

Apple & Pear Sponge with Custard, Cheese & Crackers with Fresh Fruit Slice, Seasonal Fresh Fruit Platter

CHOOSE FROM

- Oven Baked Sausage with Onion Gravy
- Quorn Sausage with Onion Gravy
- Homemade Cheese & Onion Pasty

SIDES

Creamy Mashed Potato

UNLIMITED

Mixed Vegetables, Seasonal Fresh Broccoli, Choice of Fresh Salads, Organic Homemade Bread Rolls

DESSERT

Rhubarb Crumble with Custard, Organic Fruit Yogurt with Seasonal Fruit, Seasonal Fresh Fruit Platter

CHOOSE FROM

- Beef Lasagne
- Vegetable Biryani
- Summer Vegetable Stir Fry

SIDES

Garlic & Herb Bread

UNLIMITED

Sweetcorn, Fresh Spring Greens, Choice of Fresh Salads, Homemade Organic Wholemeal Bread

DESSERT

Cheese and Biscuits with Fresh Apple Slice, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

CHOOSE FROM

- MSC Golden Crumb Fish Finger with Lemon Wedge
- Quorn Dipper Picnic Pitta
- Pollack Fillet with Lemon and Herb Coating

SIDES

Oven Baked Chipped Potatoes

UNLIMITED

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

DESSERT

Peaches with Ice Cream, Cheese & Crackers with Fresh Fruit Slice, Seasonal Fresh Fruit Platter

WEEK 2

CHOOSE FROM

- Vegetarian Chilli
- Vegetable Jollof Rice
- Arrabiata Pasta

SIDES

50/50 Mixed Rice

UNLIMITED

Sweetcorn, Fresh Seasonal Broccoli, Choice of Fresh Salads, Homemade Organic Crusty Bread

DESSERT

Summer Fruit Pots with Seasonal Fresh Fruit, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

CHOOSE FROM

- Beef Burger served in bap with tomato relish
- Homemade Quorn & Lentil Burger in a bap
- Jacket Potato with various fillings

SIDES

Jacket Wedges

UNLIMITED

Fresh Seasonal Organic Carrots, Green Beans, Choice of Fresh Salads, Organic Homemade Focaccia Bread with Fresh Herbs

DESSERT

Creamy Hot Rice Pudding served Peach Compote, Cheese & Crackers with Fresh Fruit Slice, Seasonal Fresh Fruit Platter

CHOOSE FROM

- Jerk Chicken
- Ploughmans Platter
- MSC Lemon Crumb Salmon Fillet

SIDES

Mixed New Potatoes, 50/50 Mixed Rice

UNLIMITED

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

DESSERT

Homemade Fruity Flapjack with Organic Milk, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

CHOOSE FROM

- Roast Turkey and Stuffing
- Vegetarian Bolognese with Wholemeal Spaghetti
- Vegetable Samosa

SIDES

Roasted Rosemary Potatoes

UNLIMITED

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

DESSERT

Banana Cake with Custard, Cheese & Crackers with Fresh Fruit Slice, Seasonal Fresh Fruit Platter

CHOOSE FROM

- MSC Fish Finger with Lemon Wedge
- Mac 'n' Cheese
- Crispy Homemade Battered MSC Cod Fillet with Lemon Wedge

SIDES

Chipped Potatoes

UNLIMITED

Griller half tomato, Baked Beans, Choice of Fresh Salads, Organic Homemade Garlic Bread Slice

DESSERT

Chocolate Cracknel with Custard and Fresh Fruit, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

WEEK 3

CHOOSE FROM

- Creamy Pasta Gratin
- Chick Pea & Spinach Curry
- Jacket Potato served with a Choice of Fillings

SIDES

50/50 Rice

UNLIMITED

Sweetcorn, Green Beans, Choice of Fresh Salads, Organic Homemade Herby Bread

DESSERT

Pineapple Upside Down Cake with Custard, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

CHOOSE FROM

- Minced Beef Chilli Wraps
- Quorn Thai Style Jasmine Rice
- Chicken & Ginger Stir Fry

SIDES

Noodles

UNLIMITED

Fresh Seasonal Broccoli, Fresh Organic Carrots, Choice of Fresh Salads, Organic Homemade Focaccia Bread with Rosemary & Cherry Tomatoes

DESSERT

Chocolate & Beetroot Brownie with Organic Milk and Fresh Fruit Slice, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

CHOOSE FROM

- Swedish Style Loaded Pizza
- Cheese & Tomato Pizza
- Sausage in a Roll with Caramelised Onions

SIDES

Baked Jacket Wedges

UNLIMITED

Mixed Vegetables, Sweetcorn, Choice of Fresh Salads, Organic Homemade 50/50 Bread

DESSERT

Chocolate & Beetroot Brownie with Organic Milk and Fresh Fruit Slice, Organic Fruit Yogurt with Fresh Fruit, Seasonal Fresh Fruit Platter

CHOOSE FROM

- Honey Coated Sticky Chicken
- Homemade Falafel in a Wholemeal Pitta Bread
- Tuna Pasta Bake topped with a Herby Crust

SIDES

50/50 Mixed Rice

UNLIMITED

Rainbow Coleslaw, Spicy Courgette Batons, Choice of Fresh Salads, Organic Homemade Wholemeal Bread

DESSERT

Vanilla & Berry Sponge with Custard, Cheese & Biscuits with English Apple Slice, Seasonal Fresh Fruit Platter

CHOOSE FROM

- MSC Fish Fingers with Lemon Wedge
- Sweet Pepper Pasta
- Homemade Fish Cake with Lemon Wedge

SIDES

Chipped Potatoes

UNLIMITED

Baked Beans, Minted Garden Peas, Choice of Fresh Salads, Organic Crusty Homemade Bread

DESSERT

Fresh Water Melon 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	3		

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.