




WEEK 1

30 August, 13 September, 27 September, 11 October

Monday

CHOOSE FROM

Homemade Cheese & Sweetcorn Quiche with Herby Diced Potatoes 
Quorn Thai Style Jasmine Rice 
Jacket Potato  with a choice of fillings

HOTBOX

Spicy Vegetable Quesadilla & Mixed Salad 

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 
Jacket Potato  with a choice of fillings

HOTBOX

Vegetable Stir Fry with Ginger & Noodles 

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 
Jacket Potato  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 
Jacket Potato  with a choice of fillings

HOTBOX

Cheese & Onion Tart with Spicy Wedges 

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 
Tex Mex Wrap 
Jacket Potato  with a choice of fillings

HOTBOX

Fish Fingers & Chips 

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

6 September, 20 September, 4 October, 18 October

Monday

CHOOSE FROM

Chilli Dog with Saute Potatoes 
Arrabiatta Pasta 
Jacket Potato  with a choice of fillings

HOTBOX

Mexican Style Quorn Loaded Burrito 

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 
Jacket Potato  with a choice of fillings

HOTBOX

Chicken Zinger Wrap & Mixed Salad 

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 
Jacket Potato  with a choice of fillings

HOTBOX

Vegetable Samosa & Mixed Rice 

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 
Hot 'n' Kickin Chicken & Spicy Jacket Wedges
Jacket Potato  with a choice of fillings

HOTBOX

Quorn Bolognaise & Basil Pesto Potato Skins 

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 
Oven Baked Ratatouille 
Jacket Potato  with a choice of fillings

HOTBOX

MSC Fish Fingers & Chips 

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

 Vegetarian Option  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.



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.