











**London Borough of Waltham Forest**  
**Menu Listing with Allergens**






























































































































































































































































**Menu: National School Meals**  
**Week Wednesday 2021**

**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**

Macaroni Cheese																							
Squash & Spinach Curry																							
Vegetable & Chick Pea Stir Fry & Noodles																							
Mixed Rice																							
Broccoli																							
Sweetcorn																							
Carrot Cake Finger																							
Custard sauce																							
Low Fat Yeo Valley Yogurts (Organic)																							
Fruit Platter 3 (Ap, Ba, Gr, Me, Pe)																							
Tomato Bread																							





**London Borough of Waltham Forest**

**Menu Listing with Allergens**





































































































































































































































































**Menu: National School Meals  
Week Thursday 2021**

**Contains**

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

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

**Product Description**





Roast Beef and Yorkshire Pudding																				
Roasted Vegetable Loaf																				
Yorkshire Puddings 3"																				
Jacket Potato and Tuna in Mayonnaise																				
Jacket Potato and baked Beans																				
Jacket Potato and Cheese																				
Mixed Rice																				
Mixed Vegetables																				
Garden Peas																				
Ice Cream																				
Low Fat Yeo Valley Yogurts (Organic)																				
Fruit Platter 3 (Ap, Ba, Gr, Me, Pe)																				
Basic Bread																				



**London Borough of Waltham Forest**  
**Menu Listing with Allergens**







































































































































































































































**Menu: National School Meals**  
**Week Friday 2021**

**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**

Fish Fingers																							
Forest Fajita																							
Tuna & Sweetcorn Pasta																							
Chipped Potatoes																							
Baked Beans																							
Sweetcorn																							
Apple and Cinnamon Crumble																							
Custard sauce																							
Low Fat Yeo Valley Yogurts (Organic)																							
Fruit Platter 3 (Ap, Ba, Gr, Me, Pe)																							
Basic Bread	