




WEEK 1

01/11/21, 15/11/21, 29/11/21, 13/12/21,
10/01/22, 24/01/22, 07/02/22, 28/02/21,
14/03/22, 28/03/22

Monday

CHOOSE FROM

Spicy Tomato, Lentil & Basil Pasta 
Five Layer Vegetable Lasagne with
Garlic Bread 
Jacket Potato with a choice of fillings 

HOTBOX

Spicy Vegetable Quesadila & Winter Slaw 

PASTA POTS

Pasta with freshly made sauce 

UNLIMITED



Green Beans, Sweetcorn, Fresh Salad
Selection

DESSERT

Carrot Cake & Custard
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Ice Cream

Tuesday

CHOOSE FROM

Vegetable Biryani 
Beef Chow Mein
Jacket Potato with a choice of fillings 

HOTBOX

Cheese & Onion Puffs with Jacket Wedges 

PASTA POTS

Pasta with freshly made sauce 

UNLIMITED



Fresh Seasonal Broccoli, Roasted Seasonal
Vegetables, Fresh Salad Selection

DESSERT

Fruity Jelly Pots
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Ice Cream

Wednesday

CHOOSE FROM

Chilli Con Carne with Mixed Rice
Roasted Mediterranean Vegetable
Tagliatelle 
Jacket Potato with a choice of fillings 

HOTBOX

Chicken Jambalaya

PASTA POTS

Pasta with freshly made sauce 

UNLIMITED



Sweetcorn, Fresh Seasonal Green Cabbage,
Fresh Salad Selection

DESSERT

Chocolate Cracknel with Chocolate Sauce
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Ice Cream

Thursday

CHOOSE FROM

Jerk Chicken with Rice & Peas
Homemade Cheese & Broccoli Quiche with
Saute Potatoes 
Jacket Potato with a choice of fillings 

HOTBOX

Chilli Beef Enchilladas with a Green Salad

PASTA POTS

Pasta with freshly made sauce 

UNLIMITED



Stir Fried Courgettes, Fresh Seasonal Organic
Carrots, Fresh Salad Selection

DESSERT

Fruit Muffin
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Ice Cream

Friday

CHOOSE FROM

Catch of the Day with Oven Baked Chipped
Potatoes
Flatbread with Dhal 
Jacket Potato with a choice of fillings 

HOTBOX

MSC Golden Crumb Fish Fingers with Oven
Baked Chipped Potatoes

PASTA POTS

Pasta with freshly made sauce 

UNLIMITED

Minted Garden Peas, Baked Beans, Fresh
Salad Selection

DESSERT




Lemon Drizzle Cake & Custard
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Ice Cream

WEEK 2

08/11/21, 22/11/21, 06/12/21, 03/01/22,
17/01/22, 31/01/22, 21/02/22, 07/03/22,
21/03/21

Monday

CHOOSE FROM

Chilli Dog with Jacket Wedges 
Spicy Vegetable, Bean & Tomato 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 Selection

DESSERT

Banana Cake & Custard
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Ice Cream

Tuesday

CHOOSE FROM

Beef Curry with Mixed Rice
Sizzling Chinese Stir Fry with Garlic & Ginger
served with Noodles 
Jacket Potato with a choice of fillings 

HOTBOX

Louisiana Chicken & Potatoes

PASTA POTS

Pasta with freshly made sauce 

UNLIMITED



Fresh Seasonal Organic Carrots, Minted
Garden Peas, Fresh Salad Selection

DESSERT

Rice Pudding with Winter Berries
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Ice Cream

Wednesday

CHOOSE FROM

Oven Baked Sausages with Gravy & Creamy
Mashed Potato
Layered Italian Bake 
Jacket Potato with a choice of fillings 

HOTBOX

Vegetable Samosas with Mixed Rice & Sweet
Chilli Dip 

PASTA POTS

Pasta with freshly made sauce 

UNLIMITED



Mixed Vegetables, Fresh Seasonal Cauliflower,
Fresh Salad Selection

DESSERT

Apple Crumble with Custard
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Ice Cream

Thursday

CHOOSE FROM

Butternut Squash, Carrot & Chickpea Tagine
with Lemon Cous Cous 
Hot 'n' Kickin Chicken with Mixed Rice
Jacket Potato with a choice of fillings 

HOTBOX

Lemoncrumb Salmon Fillet with Saute
Potatoes

PASTA POTS

Pasta with freshly made sauce 

UNLIMITED


Fresh Seasonal Cabbage, Green Beans,
Fresh Salad Selection

DESSERT

Chocolate Cake with Chocolate Sauce
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Ice Cream

Friday

CHOOSE FROM

MSC Catch of the Day with Oven Baked
Chipped Potatoes
MSC Fish Fingers & Chips
Jacket Potato with a choice of fillings 

HOTBOX

Creamy Mac 'n' Cheese 

PASTA POTS

Pasta with freshly made sauce 

UNLIMITED

Minted Garden Peas, Baked Beans, Fresh
Salad Selection

DESSERT

Fruity Flapjack
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Ice Cream

 Vegetarian Option  Vegan Option

Helping to support climate action

Why not try one of our delicious plant based dishes.

Working to reduce sugar content of our desserts in line with current healthy living advice.



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.