WEEK 1

Monday

CHOOSE FROM
Beef Lasagne
Crunchy Carrot Curry (VG)
Jacket Potato with a choice of fillings (VG)

SIDES
Mixed Rice

UNLIMITED
Oven Roasted Cauliflower Floret,
Garden Peas, Fresh Salad Bar Selection,
Homemade Bread

DESSERT
Pineapple & Ice Cream
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit

Tuesday — SAVE THE PLANET DAY

CHOOSE FROM
Planet Pizza Wedge (V)
Planet Pizza Wedge (VG)
Jenny Hammond School Favourite
"Pulled Jackfruit Wrap" (VG)

SIDES
Skin On Baked Wedges

UNLIMITED
Mixed Vegetables, Sweetcorn Coblets,
Fresh Salad Bar Selection, Homemade Bread

DESSERT
Fruit Jelly Pot (VG)
Fresh Fruit Salad
Seasonal Fresh Fruit

Wednesday

CHOOSE FROM
Sticky Chicken
MSC Lemon Crumb Salmon Fillet
Roasted Vegetable Biryani (VG)

SIDES
Minted New Potatoes
50/50 Rice

UNLIMITED
Fresh Seasonal Broccoli, Roasted Organic
Carrots, Fresh Salad Bar Selection,
Homemade Bread

DESSERT
Summer Fruit Crunch Pot
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit

Thursday

CHOOSE FROM
Homemade Bean & Lentil Burger in a Floured
Bun (V)
60/40 Beef Burger in Floured Bun
Rosemary & Garlic Pan Fried Tofu (VG)

SIDES
Italian Diced Potatoes

UNLIMITED
Sweetcorn, Green Beans,
Fresh Salad Bar Selection, Homemade Bread

DESSERT
Peaches & Custard
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit

Friday

CHOOSE FROM
Creamy Mac n Cheese n Peas (VG)
MSC Golden Crumb Fish Fingers
Filled Baguettes

SIDES
Oven Baked Chips

UNLIMITED
Minted Garden Peas, Baked Beans,
Fresh Salad Bar Selection, Homemade Bread

DESSERT
Homemade Shortbread Biscuit with Wedge of
Fresh Orange (VG)
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit

WEEK 1 COMMENCING: 18 April, 2 May, 16 May, 6 June, 20 June, 4 July, 18 July, 5 September, 19 September, 3 October, 17 October

WEEK 2

Monday

CHOOSE FROM
Sri Lankan Sweet Potato & Coconut Curry (VG)
Beef Bolognaise
Jacket Potato with a choice of fillings (VG)

SIDES
Wholemeal Spaghetti
Mixed Rice

UNLIMITED
Sweetcorn, Green Beans,
Fresh Salad Bar Selection,
Homemade Bread

DESSERT
Mixed Fruit Crumble (VG) with Custard
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit

Tuesday — SAVE THE PLANET DAY

CHOOSE FROM
Wholemeal Pasta with Roasted Vegetables in
a Roasted Tomato & Pepper Ragu (VG)
Sizzling Vegetable Stir Fry with Garlic & Ginger
served with Noodles (V)
Vegetable Samosa (V)

SIDES
Mixed Rice

UNLIMITED
Fresh Seasonal Broccoli, Organic Carrots,
Fresh Salad Bar Selection, Homemade Bread

DESSERT
Fruity Flapjack (VG)
Fresh Fruit Salad
Seasonal Fresh Fruit

Wednesday

CHOOSE FROM
Roasted Lemon Chicken
Chapel End Infant School Favourite
"Smokey Jackfruit Jambalaya" (VG)
Homemade Cheddar Cheese & Sweetcorn
Quiche (V)

SIDES
Roasted New Potatoes

UNLIMITED
Garden Peas, Mixed Vegetables,
Fresh Salad Bar Selection, Homemade Bread

DESSERT
Fruit Salad (VG) & Ice Cream
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit

Thursday

CHOOSE FROM
Vegetable Jalfrezi (VG)
Oven Roasted Chicken Sausage with
Caramelised Onions
Oven Roasted Vegetable Sausage with
Caramelised Onions (V)

SIDES
Creamed Mashed Potato
Mixed Rice

UNLIMITED
Sweetcorn, Roasted Cauliflower Florets,
Fresh Salad Bar Selection, Homemade Bread

DESSERT
Chocolate Cracknel & Custard
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit

Friday

CHOOSE FROM
MSC Golden Crumb Fish Fingers
Jacket Potato with a choice of fillings (VG)
Five Bean Burrito (VG)

SIDES
Oven Baked Chips

UNLIMITED
Baked Beans, Grilled Tomatoes,
Fresh Salad Bar Selection, Homemade Bread

DESSERT
Fruit Jelly Pot (VG)
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit

WEEK 2 COMMENCING: 25 April, 9 May, 23 May, 13 June, 27 June, 11 July, 29 August, 12 September, 26 September, 10 October

(V) Vegetarian Option
(VG) Vegan Option

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 the school.

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.

Waltham Forest CATERING