



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

WEEK 1

Monday


CHOOSE FROM

Beef Pastitsio
Arrabiatta Pasta 
Jacket Potato with a choice of fillings 
Selection of sandwiches, baguettes & wraps

HOTBOX

Calzone with Mixed Salad

PASTA POTS

Pasta with freshly made sauce 

UNLIMITED




Green Beans, Sweetcorn, Fresh Salad
Selection

DESSERT

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

Tuesday


CHOOSE FROM

Vegetable Biryani 
Roasted Mediterranean Vegetable Tagliatele 
Jacket Potato with a choice of fillings 
Selection of sandwiches, baguettes & wraps

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

Homemade Fruit Trifle
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Ice Cream

Wednesday


CHOOSE FROM

Chicken Sausages with Caramelised Onions
& Gravy with Creamy Mashed Potato
Beetroot, Chickpea and Coconut Curry served
with Mixed Rice 
Jacket Potato with a choice of fillings 
Selection of sandwiches, baguettes & wraps

HOTBOX

Sizzling Chicken & Ginger Stir Fry served with
Noodles

PASTA POTS

Pasta with freshly made sauce 

UNLIMITED


Sweetcorn, Stir Fried Courgettes,
Fresh Salad Selection

DESSERT

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

Thursday


CHOOSE FROM

BBQ Chicken with Mixed Rice
Tuna Pasta Bake
Jacket Potato with a choice of fillings 
Selection of sandwiches, baguettes & wraps

HOTBOX

Sweet & Sour Vegetables with Mixed Rice 

PASTA POTS

Pasta with freshly made sauce 

UNLIMITED



Roasted Cauliflower Florets, Fresh Seasonal
Organic Carrots, Fresh Salad Selection

DESSERT

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

Friday


CHOOSE FROM

Catch of the Day with Oven Baked Chipped
Potatoes
Oven Baked Ratatouille with Slow Roasted
Courgettes & Tomatoes 
Jacket Potato with a choice of fillings 
Selection of sandwiches, baguettes & wraps

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



Summer Fruit Crunch Pots
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Ice Cream

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

WEEK 2

Monday

CHOOSE FROM

60/40 Beef Burger in a Floured Bun
with Skin On Wedges
Three Bean Chilli with Avocado Salsa 
Jacket Potato with a choice of fillings 
Selection of sandwiches, baguettes & wraps

HOTBOX

Chicken Creole

PASTA POTS

Pasta with freshly made sauce 

UNLIMITED




Fresh Seasonal Broccoli, Sweetcorn, Fresh
Salad Selection

DESSERT

Peach Melba
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Ice Cream

Tuesday


CHOOSE FROM

Sri Lankan Sweet Potato & Coconut Curry
served with Mixed Rice 
Creamy Mac n Cheese 
Jacket Potato with a choice of fillings 
Selection of sandwiches, baguettes & wraps

HOTBOX

Homemade Falafel in Pitta Bread with Red
Cabbage & Mint Yogurt 

PASTA POTS

Pasta with freshly made sauce 

UNLIMITED


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

DESSERT

Rice Pudding with a Fruit Compote
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Ice Cream

Wednesday

CHOOSE FROM

Roast Beef & Yorkshire Pudding with
Rosemary Roast Potatoes & Gravy
Lemoncrumb Salmon Fillet with Saute Potatoes
Jacket Potato with a choice of fillings 
Selection of sandwiches, baguettes & wraps

HOTBOX

Tofu with Sweet Chilli Noodles & Vegetables 

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

Spicy Vegetable, Bean & Tomato Pasta 
Jerk Chicken with Mixed Rice
Jacket Potato with a choice of fillings 
Selection of sandwiches, baguettes & wraps

HOTBOX

Five Layer Lasagne with Garlic Bread 

PASTA POTS

Pasta with freshly made sauce 

UNLIMITED



Fresh Seasonal Cabbage, Green Beans,
Fresh Salad Selection

DESSERT

Chocolate & Beetroot Muffin
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit
Ice Cream

Friday

CHOOSE FROM

MSC Catch of the Day with Oven Baked
Chipped Potatoes
Tomato & Spinach Pilaf 
Jacket Potato with a choice of fillings 
Selection of sandwiches, baguettes & wraps

HOTBOX

MSC Fish Fingers & Chips

PASTA POTS

Pasta with freshly made sauce 

UNLIMITED

Minted Garden Peas, Baked Beans, Fresh
Salad Selection

DESSERT

Lemon Cheesecake
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.